The modern psychology is based on the study of behavior and mental processes. Many of the pinorner psychologists had focused on cure mental disease; however, less of them care about what makes people happy. Nowadays, the pressure of society had pushed people into a working machine—the drive of money and authorities are making people less happier than usual. This social phenominon had made people questioned: What can we do to make life easier? How can we achieve the “self-actualization”?

In fact, smiling to every people you meet will provide you an easier life. According to a study of social psychology, people with a “smiling expression” on their face tend to receive a smiling face back from the passager. And the happy expression that they receive is likely to bring them a positive mood. Therefore, smiling before interacting with strangers not only makes yourself happier, but also save a favor to others.

There is a phenomenon called “Benjamin effect” which states that people are likely to show a positive side to a stranger instead of their close partner. Thus, while interacting with a stranger, people will likely to show off their best side and also receive a positive impression from others. Even though connecting with other might break the social norm in some culture, people should try to communicate with strangers. In my country of birth, people are unlikely to say hello and smile to a stranger. Every time when I was walking down the street, there was a sense of lonely and embarrassing. People walk fast enough to avoid eye contact, which increase the anxiety of traveling outside. The assumption of Dunn and Norton that having people break the social norm and connect to each other is an interesting method to reduce the anxiety which was origined by this fast pace society. By interact with each other with our pleasant behavior and cheerful thought, we might just forget about our negative side and therefore become more happier person and achieve our goal in a better perspective.

This humanistic psychologist Maslow had once promoted this hyanohic of need which indicated that after we finished that basic need of survived, we will facing on a more critical problem, which is the method of dealing with our mood and reduce anxiety to achieve a better person, I personally agree with this theory the society today had created us a better living condition and also a high pressure environment. Interacting with strangers and show off your best expression, helps to create a better world.