

# Jennifer Aniston Partially Credits Justin Theroux with Her Happiness Level



Thanks to her Zen approach to life and wonderful boyfriend, Justin Theroux, Jennifer Aniston has never been happier. To be exact, her happiness is 10-plus. “You have a more relaxed sense of the world and life,” said the former *Friends* star, “and you realize there’s nothing to be taken too seriously besides doing your work and being a really good person.” According to [People](#), the couple who now calls L.A. home, weren’t as happy living in New York under the scrutiny of the paparazzi. “It felt like I was [living] in a fishbowl,” said Aniston.

**How do you show thanks to your partner for making you happy?**

**Cupid's Advice:**

Finding someone who makes you happy is the ultimate sign of relationship success. Here are some ways to make your partner happy, too:

- 1. Smile more:** Seeing you happy will only make your partner happier. After all, laughter is contagious.
- 2. Surprise them:** Nothing is more exciting than a spontaneous dinner or celebration.
- 3. Let them know you're thinking of them:** Send them a text in the middle of the day to let the person who makes you smile know they're on their mind.

**How do you find a partner who makes you happy? Share your advice below.**