I believe that having a hobby, doing volunteer work, and living near family all contribute to living a happy life. The thing that contributes the most will vary from person to person. For me, having a hobby helps me live a happy life, because it reduces my stress, makes me feel like I'm still learning new things, and helps me meet new people. My hobby is knitting, and it makes me very happy.

First, knitting reduces my stress. When I come home from a hectic day at work, knitting makes me feel calm. It is a very soothing activity, and I can do it while watching TV, listening to music, or talking on the phone. Sometimes, I take my yarn to work and knit at lunch. This makes my afternoon go more smoothly, since I'm less stressed after lunch. Having less stress makes it easier for me to live a happy life.

Another way that knitting helps me have a happier life is that it makes me feel like I'm still learning new things. When I started knitting, I only made scarves because that was the easiest for me. Since then, I've learned how to make socks, hats, and sweaters. I've learned how to do different designs and use different kinds of yarn. I plan on learning a new sweater pattern every year, which will keep me busy for a long time. It makes me very happy to know that I will continue to educate myself and grow as a knitter.

Finally, my hobby makes me happy because it helps me meet new people. I am in several knitting groups, so I've made many friends over the years. I started a knitting group at work, which enabled me to meet lots of people from different departments. I also belong to an online knitting group and a group in my neighborhood. The online group has knitters from all over the world, and it's constantly adding new members. The neighborhood group has about 50 people, and some of us meet at coffee shops to hang out.

There are other reasons why having a hobby contributes the most to a happy life. The ones above are all related to my hobby of knitting, but I am sure other hobbies contribute different things to people's lives.

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