**SCRIPT SELFIES**

We end with selfies, the good feeling captured by the camera may outlast the split-second smiles. Here ‘s Maria Viareal

Take a pose ! Jackie Kyler is a self-proclaimed selfie fanatic .

« There’s an art form to selfie taking, correct ? »

« Yeah, you got it ! Um, So that, … you can’t have the double chin, you don’t want the double chin, ok, all right which I don’t want ! ok »

The Indiana native was in Los Angeles for less than 2 days and had already taken 60 selfies. So what is it about the selfies that makes you so happy ?

« You just want to document everything that you are doing and send it out to everybody so they can see it »

Kyler is not alone. Selfie-mania is everywhere whether you are an A-list celebrity or just feel like one. A new selfie study from the University of California Irvine says taking more smiling selfies increases your chances of happiness.

41 students spend 4 weeks taking selfies and then reporting their moods. Over time they noticed an obvious change. They were happier and more confident and that mood lasted the entire day even when they faked smiled.

So you can convince yourself that you are happy.

You can engage in the act of being happy.

USC associate professor Mark Marino incorporates selfies in one of his writing classes.

« This kind of self reflection helps people to identify both features, both who they want to see themselves as, and who they are communicating themselves to be. »