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I CAN get satisfaction! We're at our happiest aged 23 and 69... but mid-50s is the worst time for regrets

- **Study happiness results for 23,161 individuals aged between 17 and 85**
- **They revealed that satisfaction is highest at the ages of 23 and 69**
- **But it dips during the mid-fifties and drops further still after 75**

By [VANESSA ALLEN](#)

If you're middle-aged and miserable, don't despair: Give it a decade or two and you'll be feeling like a carefree young person again.

Researchers have revealed that life satisfaction peaks at 23 and 69. People in their early twenties overestimate their future life satisfaction by an average of around 10 per cent, before the disappointments of life kick in. They face decades of declining expectation before hitting their lowest point in their mid-fifties, when regrets over unrealised dreams are at their greatest.

Mick Jagger is at the golden age of 69 - which new research suggests is when we feel most content - but not for much longer. He turns 70 this week

Satisfaction levels finally start to rise again after 55 and peak once more at 69, according to a study by the Centre for Economic Performance at the London School of Economics.

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