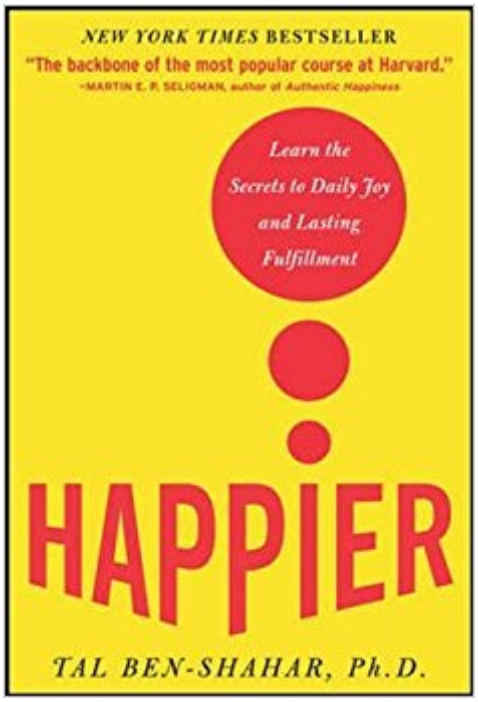
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Happier: Learn The Secrets To Daily Joy And Lasting Fulfillment



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Synopsis

Can You Learn to Be Happy? YES . . . according to the teacher of Harvard UniversityÃ¢â ¬â„¢s most popular and life-changing course. One out of every five Harvard students has lined up to hear Tal Ben-ShaharÃ¢â ¬â„¢s insightful and inspiring lectures on that ever-elusive state: HAPPINESS. HOW? Grounded in the revolutionary Ã¢â ¬Å“positive psychologyÃ¢â ¬Â• movement, Ben-Shahar ingeniously combines scientific studies, scholarly research, self-help advice, and spiritual enlightenment. He weaves them together into a set of principles that you can apply to your daily life. Once you open your heart and mind to Happier Ã¢â ¬â„¢s thoughts, you will feel more fulfilled, more connected . . . and, yes, HAPPIER. Ã¢â ¬Å“Dr. Ben-Shahar, one of the most popular teachers in HarvardÃ¢â ¬â„¢s recent history, has written a personal, informed, and highly enjoyable primer on how to become happier. It would be wise to take his advice.Ã¢â ¬Â• --Ellen J. Langer, author of Mindfulness and On Becoming an Artist Ã¢â ¬Å“This fine book shimmers with a rare brand of good sense that is imbedded in scientific knowledge about how to increase happiness. It is easy to see how this is the backbone of the most popular course at Harvard today." --Martin E. P. Seligman, author of Authentic Happiness

Book Information

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Customer Reviews

Though everyone wants to be happier, how many of us can actually define what that means? In his class, "Positive Psychology," one of the most popular courses at Harvard University, Ben-Shahar teaches that happiness isn't as elusive a concept as people think, and can actually be learned; he commits the fundamentals of his course to paper in this primer on getting happy, which he defines

as a combination of pleasure (short-term happiness) and meaning (long-term). Divided into three parts, "What is Happiness?", "Happiness Applied" and "Meditations on Happiness," Ben-Shahar provides insight and exercises, prodding reflection in readers ("Do you accept negative emotions as natural?" "Do you see your work as a job, a career, or a calling?") while explicating the relationships among happiness, motivation and goals. Though it sounds simple, Ben-Shahar insists on keen self-awareness and purposeful action to overcome entrenched patterns of despondency and/or disbelief. For answer-seekers, this is definitely a good start. Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Ã¢â ¬Å“Jeff WoodmanÃ¢â ¬â„¢s reading has a narrative drive that captures the authorÃ¢â ¬â„¢s affirming ideas.Ã¢â ¬Â•Ã¢â ¬â ¢AudioFile --This text refers to the Audio CD edition.

Made me examine some of my beliefs,and my life in general. I learned there’s actually quite a bit I can do to make myself happier, and just the thought of it, that I have control over the state of my happiness, makes me more happy!

Having a positive attitude is beneficial to performance and health. This book gives you some insight into how to do that, based on good science and no BS. Very much worth a read.

This book will totally redefine what you think about happiness. It is written in a form that everybody can understand and with examples that we can relate to.The meditations and exercises that the book present are very simple and achievable but powerful too. I would recommend this book to anyone looking for a practical way to achieve a higher life quality.

This is a really great book. Loved it so much that I bought a copy for my boyfriend.

This is one of those books that feels padded, in order to be book size. It’s short on research, and long on cliches. Basically, use your time efficiently and be grateful for the good stuff in your life. Not bad ideas, but I think an article could have summed it up effectively.

This is a wonderful book! I will be passing it on to friends and family to read. It really helped me think through what actually makes me happy. The author has lots of "Time Outs" in each chapter which helps you stop and think through how you can apply what you have just read. I would recommend

every young person read this before embarking on an expensive college degree before knowing what you really want to do in life. But the books is great for all ages.

I really wanted to love this book. I had heard wonderful things about the author, how his course at Harvard was "sold out" each semester. I've read a myriad of books on happiness, the new positive psychology, etc., and frankly, this book had very little new information or ideas. At the same time, I do think his book, CHOOSING THE LIFE YOU WANT is a worthwhile read. I wish I could say the same thing about HAPPIER.

Book is an easy read and enjoyable. It gets you thinking in a different way on joys of living. It's not an academic level book, but a means to look at life in a more happier way, instead of being so grumpy.

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