



Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment

By Tal Ben-Shahar

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Can You Learn to Be Happy?

YES . . . according to the teacher of Harvard University's most popular and life-changing course. One out of every five Harvard students has lined up to hear Tal Ben-Shahar's insightful and inspiring lectures on that ever-elusive state: HAPPINESS.

HOW?

Grounded in the revolutionary "positive psychology" 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's thoughts, you will feel more fulfilled, more connected . . . and, yes, HAPPIER.

"Dr. Ben-Shahar, one of the most popular teachers in Harvard'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."

--Ellen J. Langer, author of *Mindfulness* and *On Becoming an Artist*

"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*

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Editorial Review

From Publishers Weekly

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 © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

"Jeff Woodman's reading has a narrative drive that captures the author's affirming ideas."

?AudioFile

From the Back Cover

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If you're a "rat racer," who lives in the hope of being happy in the future, and yet is unable to enjoy the here-and-now . . .

If you're a "hedonist," who finds some pleasure in the good things in life--good wine, good food, good

company--and yet is unable to enjoy lasting fulfillment . . .

If you're a “nihilist,” who's completely given up on finding happiness . . . **you can learn to be happier!**

Thousands of Harvard University students have discovered that you can become happier. They learned the secret to lasting fulfillment from acclaimed teacher Tal Ben-Shahar's class on positive psychology--a branch of psychology that combines the latest scientific research with good old common sense. Now you can join his class and learn how positive psychology can make you happier right now--no lottery windfall, job promotion, or new love required.

Think of *Happier* as your own personal workbook. As you read each chapter's illuminating discussion on happiness and incorporate its simple exercises into your daily routine, you will see every aspect of your life with new eyes and a new sense of purpose.

When you learn how to live for today and for tomorrow at the same time, you learn how to balance your immediate personal needs with long-term goals and enjoy life as you never have before.

Users Review

From reader reviews:

Barbara Goodman:

Book is actually written, printed, or illustrated for everything. You can realize everything you want by a book. Book has a different type. As it is known to us that book is important thing to bring us around the world. Alongside that you can your reading expertise was fluently. A e-book *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment* will make you to be smarter. You can feel considerably more confidence if you can know about everything. But some of you think this open or reading some sort of book make you bored. It's not make you fun. Why they are often thought like that? Have you looking for best book or suitable book with you?

Edmond Pounds:

The reserve untitled *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment* is the guide that recommended to you to learn. You can see the quality of the reserve content that will be shown to a person. The language that publisher use to explained their ideas are easily to understand. The author was did a lot of research when write the book, therefore the information that they share for you is absolutely accurate. You also can get the e-book of *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment* from the publisher to make you a lot more enjoy free time.

Michael Anderson:

Do you have something that that suits you such as book? The guide lovers usually prefer to opt for book like comic, brief story and the biggest an example may be novel. Now, why not hoping *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment* that give your pleasure preference will be satisfied by simply reading this book. Reading habit all over the world can be said as the opportunity for people to know world a great deal better then how they react in the direction of the world. It can't be said constantly that reading

routine only for the geeky person but for all of you who wants to possibly be success person. So , for all of you who want to start reading through as your good habit, you can pick Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment become your own starter.

Marie Slaughter:

As a pupil exactly feel bored to be able to reading. If their teacher asked them to go to the library as well as to make summary for some publication, they are complained. Just minor students that has reading's internal or real their leisure activity. They just do what the trainer want, like asked to go to the library. They go to presently there but nothing reading seriously. Any students feel that examining is not important, boring and also can't see colorful photos on there. Yeah, it is to become complicated. Book is very important for you. As we know that on this age, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore this Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment can make you sense more interested to read.

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