

The How Of Happiness

Sonja Lyubomirsky

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The Myths of Happiness Sonja Lyubomirsky, 2013-01-03 The bestselling author of The How of Happiness reveals how

to find opportunity in life's thorniest moments Focusing on life's biggest, messiest moments, Sonja Lyubomirsky provides readers with the clear-eyed vision they need to build the healthiest, most satisfying life. Lyubomirsky argues that we have been given false promises—myths that assure us that lifelong happiness will be attained once we hit the culturally confirmed markers of adult success. This black-and-white vision of happiness works to discourage us from recognizing the upside of any negative and limits our potential for personal growth. A corrective course on happiness and a call to regard life's twists and turns with a more open mind, *The Myths of Happiness* shares practical lessons that prove we are more adaptable than we think we are. It empowers readers to look beyond their first response, sharing scientific evidence that often it is our mindset—not our circumstances—that matters most.

The how of Happiness Sonja Lyubomirsky,2010 Always emphasizing how much an individual's happiness is within his or her control, Lyubomirsky addresses the scientific how of her happiness research, and provides a powerful contribution to the field of positive psychology.

The How of Happiness S. Lyubomirsky,2009-01 The key tenet of *The How of Happiness* is that every human being has a happiness 'set point' which, depending on how high or low it is, can determine how positive or negative they feel. The book offers a practical approach to help readers increase their set point, and so find a level of happiness above that which they would normally feel, and feel more satisfaction in life. Based on scientific research and trials, this is a groundbreaking book that offers a practical plan to enable readers to achieve a more positive outlook at home, at work and in their personal life. It will also be of enormous benefit to the hundreds of thousands of people who suffer from depression in the UK - it provides the tools to feel better about life.

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