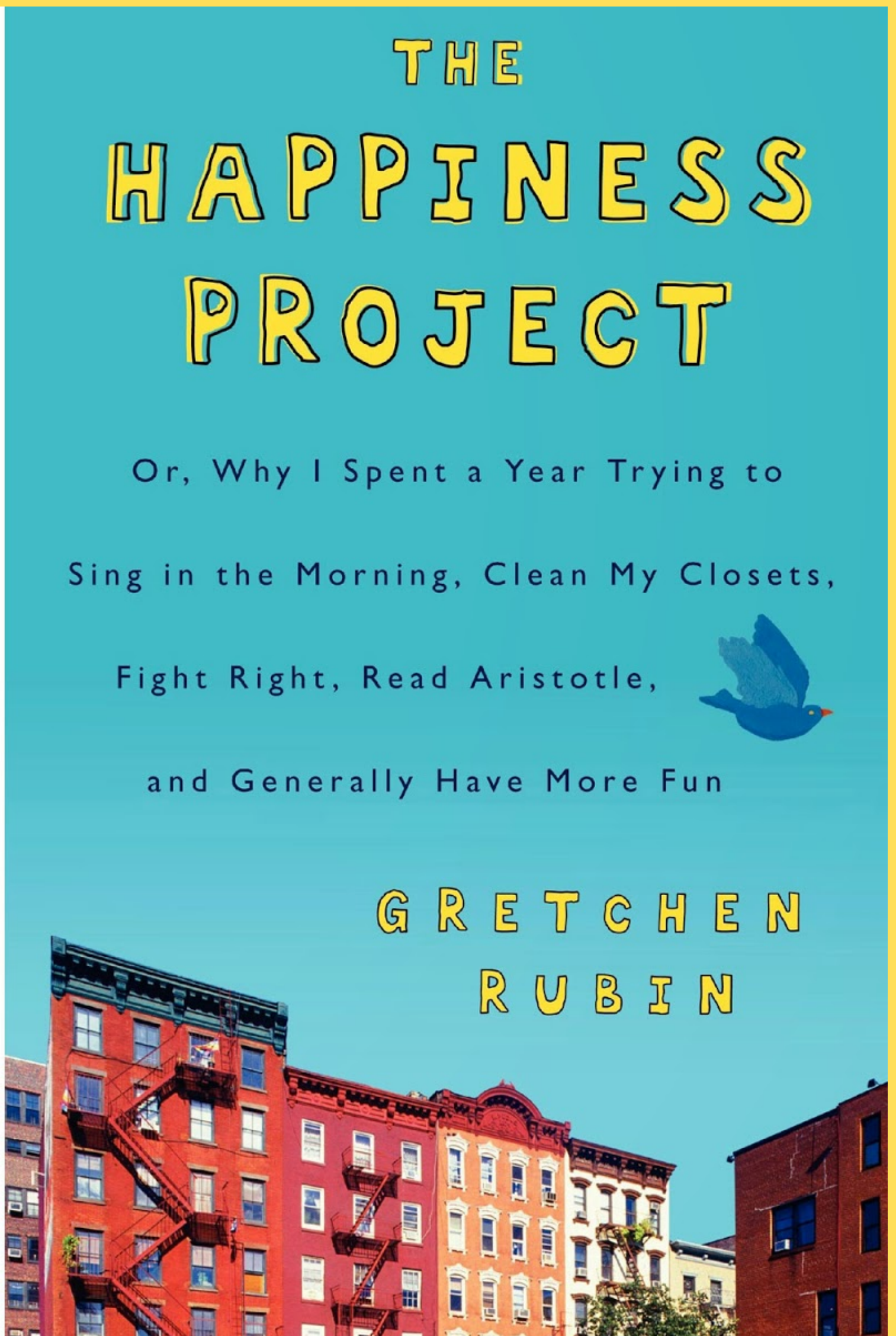




- Testing ideas about Happiness from ancient times, the latest scientific research, as well as popular culture and common belief.
- Happiness does not always rely on material and money.
- We're happiest when we're growing—when we're fixing something, learning something, helping someone, or pushing ourselves forward.

THE HAPPINESS HYPOTHESIS



JONATHAN HAIDT

- **‘The Happiness Hypothesis’ examines traditional wisdom by looking to modern science in assessing Happiness.**
- **Modern science seem to prove that they were wrong in claiming that external factors have no influence on Happiness.**
- **Virtue in and of itself is not actually rewarding and extroverts are indeed happier than their introverted counterparts.**

#1 INTERNATIONAL BESTSELLER

THE HAPPINESS EQUATION

WANT NOTHING + DO ANYTHING
= HAVE EVERYTHING

NEIL PASRICHA

“Dale Carnegie was last century. Stephen Covey was last decade.
Neil Pasricha is what’s now.” —SUSAN CAIN, author of *QUIET*

- Happiness can be derived by random acts of kindness, regular walks, and owning and accepting who you are as a person.
- ‘Culture of Enough’ will lead to more happiness than a ‘Culture of More’.
- The Choices/Decisions we make every day contribute to our Happiness and that we should prioritize our Happiness.

PAUL DOLAN

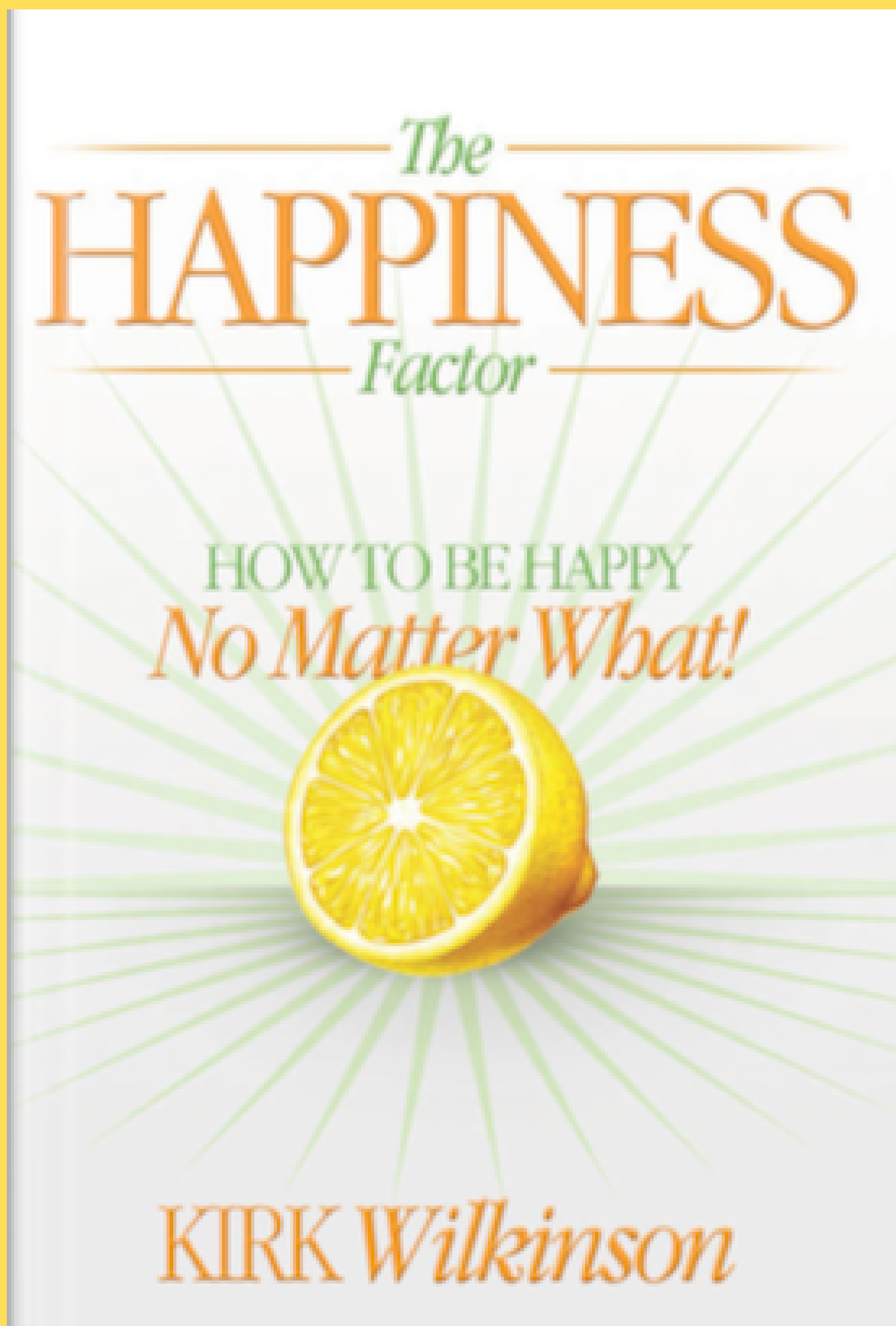
Happiness by Design

Finding pleasure
and purpose in
everyday life

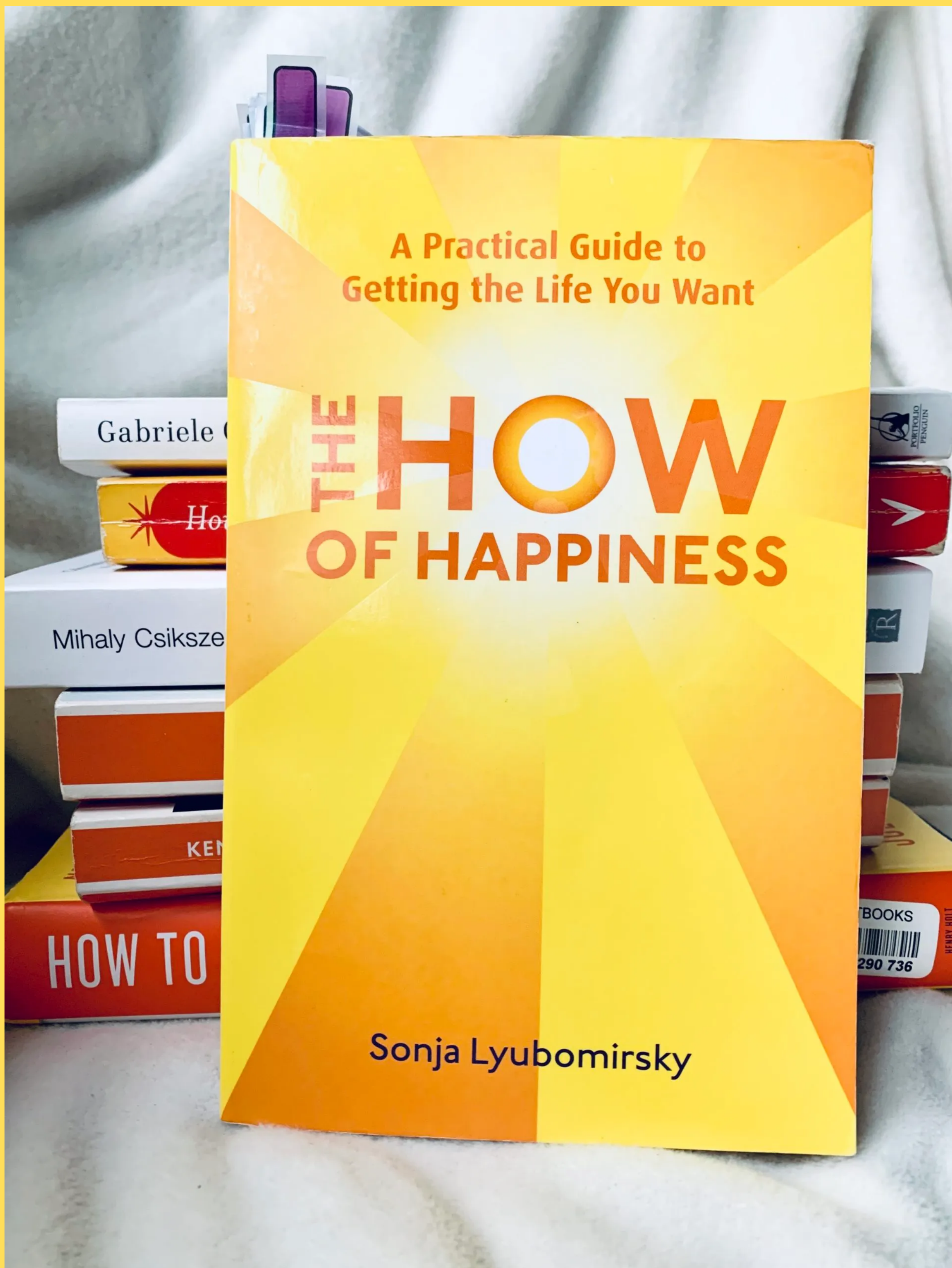
'Bold and Original'
Daniel Kahneman



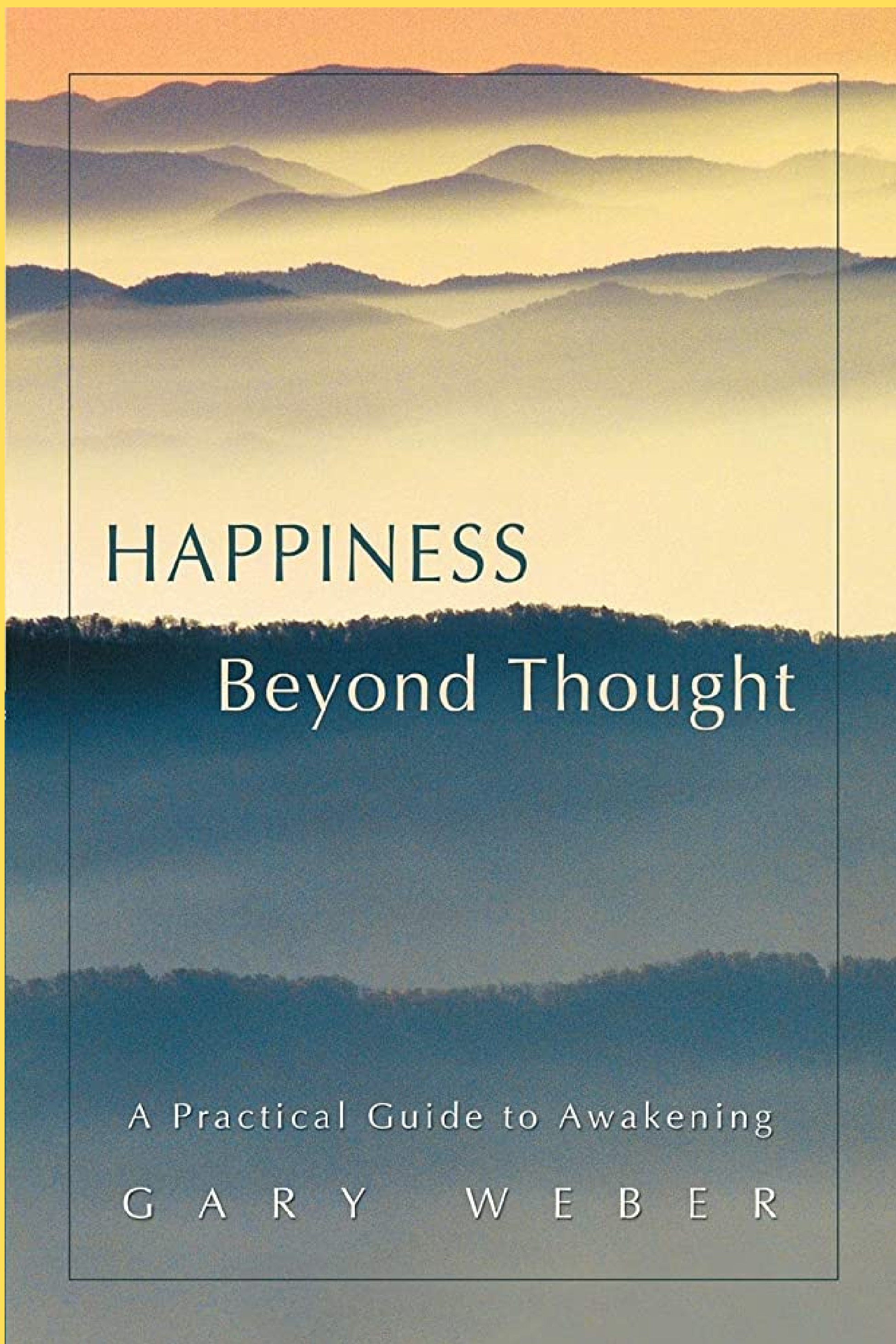
- **‘Re-designing’ our lives in order to maximize Happiness.**
- **By making informed, deliberate choices without thinking too hard about maximizing Happiness, we can discover a life that is characterized by meaning and pleasure.**
- **Happiness/Wellbeing is a result of what we do rather than how we think.**



- Every person has the capacity to overcome the set of issues that they are dealing with and to be Happy.
- The acronym P-E-A-S-E-F-U-L to describe an approach to discovering Happiness .
- The key to Lifelong Happiness is overall wellbeing, satisfaction, and fulfillment.



- Happiness in our lives in the short and long term.
- ‘Happiness Set Point’.
- Twelve strategies to find Happiness.



- **Practical guidance on experiencing Mental Peace/ Happiness that lasts.**
- **Wisdom in ancient spiritual traditions make solid scientific sense.**
- **Attaining Happiness/ awakening through asanas, pranayama, chanting, and meditation.**

NEW EDITION: FULLY REVISED AND UPDATED

INSIDE:
THE SEVEN
CAUSES OF
HAPPINESS

HAPPINESS

LESSONS FROM A NEW SCIENCE
RICHARD LAYARD

‘Read it, and take heart’ *OBSERVER*



- **The income of a society does not determine Happiness.**
- **Rather than the pursuit of happiness, many personal decisions are reflected as economics, on the level of society.**
- **International comparisons suggest that, beyond an income of around \$20,000 per annum, there is little change in overall happiness in the society.**

Your hands-on guide to reducing stress, being happier,
and living a more fulfilling life

Happiness FOR DUMMIES®



W. Doyle Gentry, PhD

A Reference for the Rest of Us!®



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dummies.com®

- understand what it means to be happy at each stage of self-actualization.
- Happiness is being mindful, present in the moment, enjoying the little things in life and thinking positively rather than, thinking about past sorrows, accumulating wealth and material things.
- 10 tips to raise a Happy Child.