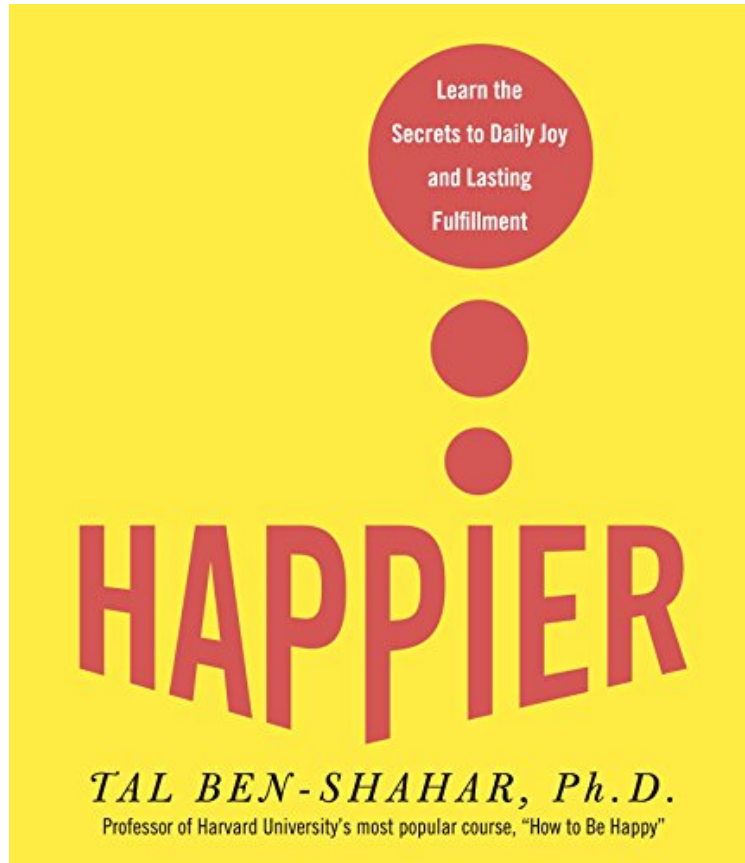


[E-BOOK] Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment

# Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment

*Tal Ben-Shahar PhD*

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#879100 in Books HighBridge Company 2007-06-01 2007-06-06 Formats: Abridged, Audiobook, CD, Unabridged Original language: English PDF # 4 5.30 x 16.00 x 6.40 | .30 Running time: 16200 seconds Binding: Audio CD | File size: 33.Mb

**Tal Ben-Shahar PhD : Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment:

1 of 1 people found the following review helpful. I learned there's actually quite a bit I can do to make myself happier, and just the thought of it By Bianca Castafiore 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! 1 of 1 people found the following review helpful. Foundational for me By W. Chef 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. 0 of 0 people found the following review helpful. Happier! By Customer This is a really great book. Loved it so much that I bought a copy for my boyfriend.

Can we really learn to be happy? Yes, we can. Each semester, nearly 1,400 students sign up for Harvard professor Tal Ben-Shahar's life-changing class, "How to Get Happy." Currently it's the hottest course at Harvard, taken by twenty

percent of its graduates. In *Happier*, Professor Ben-Shahar brings the ideas of the Ivory Tower to Main Street, distilling the lessons and exercises from his course into a slim volume of practical wisdom. Grounded in the Positive Psychology movement, based on years of researching the works of scientists, academics, and philosophers, *Happier* emphasizes the importance of pursuing a life of both pleasure and meaning.

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