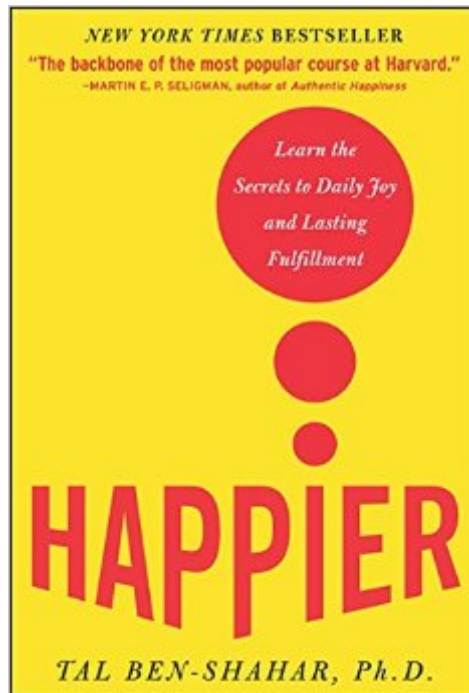


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# Happier: Learn The Secrets To Daily Joy And Lasting Fulfillment



## Synopsis

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 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*

## Book Information

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## Customer Reviews

I read this book during the lowest point in my life. Now that I look back, about 1.5 years later, it was the catalyst that put me on the road to recovery. A few minutes ago I was sitting in my room looking at my bookshelf and caught sight of the yellow spine. I thought, "Damn. I HAVE to write a review." The most significant observation in the book is that happiness is the ultimate currency. It's so basic, and so true. All this stuff that we do in life is for the purpose of gaining happiness. When I

realized that status, possessions, relationships and accomplishments have no intrinsic value, I began to rethink my approach to life. The funny thing is, I do just about the same things today that I did back then. The difference is my experience of them. For me, it was matter of changing the way I motivated myself. For you it will probably be something else. I don't know if this self-help book is better than any other, but it was very valuable to me. If you are in need, read it and do the exercises. The results will not be instant, but hopefully it will start or continue something good in your life. Best of luck, everyone.

.....and there are better follow-ups after your introduction. This does descend into mimicking the self-help genre pretty quickly. I think my issue with this book is that the author underpins his reflections and conclusions too often with, with, well, not with much other than his opinion supported by Samuel Smiles type aphorisms. This is a shame, because the field of Positive Psychology (capital letters employed deliberately) has so much going for it, not least a substantial serious wealth of empirical data to support it. I understand that the author's lectures at Harvard are incredibly well-attended and indeed well-regarded. Not quite sure why, on this showing. It's not a pure example of the self-help genre (thank goodness), but neither is it sufficiently scholarly or referenced to be much more. In fact one of the books that Ben-Shahar should have included in his bibliography, but for some inexplicable reason didn't, would be a far better introduction: "The Happiness Hypothesis", by Jonathan Haidt (a definite 5 star read) is everything this book should have been, but was published a least a year earlier. An alternative introduction, more practical but better-referenced than "Happier" is Ilona Boniwell's "Positive Psychology in a Nutshell", which I can also recommend whole-heartedly.

I have read Daniel Gilbert's 'Stumbling on Happiness' and Sonja Lyubomirsky's 'The How of Happiness.' Of them all, Happier is by far the best book in the area of positive psychology because it provides practical exercises and information that will really allow you to achieve happiness and view life in a different way. Happier is extremely readable because it isn't filled with statistics, anecdotes, or testimonials. Unlike Lyubomirsky's book, which has garnered much more media attention, Ben-Shahar of Happier doesn't force his theories and research at you; the book reads more like a comprehensive lecture of the subject of happiness. I really enjoyed the author's writing style, the way in which he presented the information, and the helpful tips he gave to increase my personal happiness. In my opinion this is the best book dealing with positive psychology because it doesn't just describe what positive psychology/happiness is, but allows you to start being happier

right away. If you're looking for theories/research about happiness then I'd suggest Sonja or Gilbert but for practical advice, Happier will make you very happy.

This book certainly introduces some central concepts which I found illuminating and useful. There are quite a few exercises ("time-ins") which everyone should do at some point in their life, if not regularly. I found some of these to be better than others whilst a few appeared to be there just for the sake of filling up space. The writing itself is a little self-helpy which is something I couldn't quite get over. I would've liked to have more hard data and information to challenge me in my thinking around the topic. Much of the book is also repetitive and I felt it was at times patronising. It took a bit of concentration to get over the writing but once I focused on the topic at hand, I found the information quite illuminating. All in all however, if you can get over the writing and into the crux of the topic, I think it's a very useful book and definitely worthy of a good read. Some of the exercises and meditations are useful and are things I would encourage any person to at least try.

Shahar's recent text is incredible! This book follows the recent explosion in the positive psychology movement by employing a science-based approach to the concepts of happiness and well-being. Shahar's text is very informative and, more especially, very prescriptive. If you have ever read a self-help text that left you without directions for direct application, this book can rescue you. Shahar took great effort to ensure that the reader would not miss the multitude of applications available from his book. Each chapter has instructions for the reader to apply what he has so wonderfully written. The recent surge of positive psychology is largely credited to texts like this. This book is definitely going to join the canon of positive psychology texts because of its rational arguments, its plain and clear style, its scientifically based research, and its allotment of applications. I recommend this book to anyone curious about positive psychology, happiness, or the pathway to better living. For you, this is money well spent and this book is certain to make the willing reader happier. This is a must read for anyone searching for peace, happiness, and meaning.[...]

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