

[PDF] The How Of Happiness: A Scientific Approach To Getting The Life You Want

Sonja Lyubomirsky - pdf download free book

Books Details:

Title: The How of Happiness: A Scien

Author: Sonja Lyubomirsky

Released: 2007-12-27

Language:

Pages:

ISBN: 0143142976

ISBN13: 978-0143142973

ASIN: 0143142976



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Description:

Review □ Finally we have a self-help book from a reputable scientist whose advice is based on the best experimental data. □

□ Daniel Gilbert, author of *Stumbling on Happiness*

□ Is lasting happiness attainable or a pipe dream? For the last eighteen years, University of California □ Riverside professor of psychology Sonja Lyubomirsky has studied this question, and what she reports might even sway pessimists. □

□ *U.S. News & World Report*

Lyubomirsky's central point is clear: a significant portion of what is called happiness . . . is up for grabs. Taking some pages out of the positive psychology playbook, she coaches readers on how to snag it.

The New York Review of Books

The right place to look for science-based advice on how to become happier.

Martin Seligman, author of *Learned Optimism* --This text refers to an out of print or unavailable edition of this title.

About the Author Sonja Lyubomirsky, Ph.D., is professor of psychology at the University of California, Riverside. She received her B.A. from Harvard University and her Ph.D. in social psychology from Stanford University. Lyubomirsky and her research have been the recipients of many honors, including the 2002 Templeton Positive Psychology Prize and a multiyear grant from the National Institute of Mental Health. She lives in Santa Monica, California, with her family.

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