

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

Sonja Lyubomirsky - pdf download free book

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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... *The How of Happiness* is smart, fun, and interesting--and unlike almost every other book on the same shelf, it also happens to be true."

-Daniel Gilbert, Harvard University professor of psychology and author of *Stumbling on Happiness*

"A guide to sustaining your newfound contentment." --*Psychology Today*

"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*

"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*

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

-Martin Seligman, author of *Learned Optimism*

About the Author SONJA LYUBOMIRSKY 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. Her next book, *The Myths of Happiness*, will be published by The Penguin Press in January 2013.

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