
The Happiness Hypothesis

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The Happiness Hypothesis

Finding Modern Truth in Ancient Wisdom *Basic Books*

The bestselling author of *The Righteous Mind* and *The Coddling of the American Mind* draws on philosophical wisdom and scientific research to show how the meaningful life is closer than you think. *The Happiness Hypothesis* is a book about ten Great Ideas. Each chapter is an attempt to savor one idea that has been discovered by several of the world's civilizations -- to question it in light of what we now know from scientific research, and to extract from it the lessons that still apply to our modern lives and illuminate the causes of human flourishing. Award-winning psychologist

Jonathan Haidt, the author of *The Righteous Mind* and *The Coddling of the American Mind*, shows how a deeper understanding of the world's philosophical wisdom and its enduring maxims -- like "do unto others as you would have others do unto you," or "what doesn't kill you makes you stronger" -- can enrich and even transform our lives.

Moral Child

Nurturing Children's Natural Moral Growth *Simon and Schuster*

William Damon offers the first, much-needed overview of the evolution and nurturance of children's moral understanding and behavior from infancy through adolescence, at home and in school. Drawing on the best professional research and thinking, Professor William Damon charts pragmatic, workable approaches to foster basic virtues such as honesty, responsibility, kindness, and fairness—methods that can make an invaluable difference throughout children's lives.

The Righteous Mind

Why Good People are Divided by Politics and Religion *Vintage*

Presents a groundbreaking investigation into the origins of morality at the core of religion and politics, offering scholarly insight into the motivations behind cultural clashes that are polarizing America.

SUMMARY - The Happiness Hypothesis: Finding Modern Truth In Ancient Wisdom By Jonathan Haidt *Shortcut Edition*

* Our summary is short, simple and

pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will discover how to be happier and give meaning to your life thanks to the teachings of the ancient sages and the latest scientific advances. You will also discover that : the human mind is not one and indivisible, it is instead divided into several parts; reciprocity is essential in social relations; genetic capital influences the ability to be happy; certain living conditions and activities contribute to a more serene life; establishing relationships is the key to the search for happiness. How to be happier? What meaning should I give to my life? These existential questions you may have already asked yourself... "The happiness hypothesis" allows you to understand, on the physiological and psychological levels, how your mind works and what your relationships with others consist of. It also offers you many avenues for personal development and a fulfilling life. Are you ready to chart your own path to well-being? *Buy now the summary of this book for the modest price of a cup of coffee!

Happiness

The Science Behind Your Smile *OUP Oxford*

What exactly is happiness? Can we measure it? Why are some people happy and others not? And is there a drug that could eliminate all unhappiness? People all over the world, and throughout the ages, have thought about happiness, argued about its nature, and, most of all, desired it. But why do we have such a strong instinct to pursue happiness? And if happiness is good in itself, why haven't we simply evolved to be happier? Daniel Nettle uses the results of the latest

psychological studies to ask what makes people happy and unhappy, what happiness really is, and to examine our urge to achieve it. Along the way we look at brain systems, at mind-altering drugs, and how happiness is now marketed to us as a commodity. Nettle concludes that while it may be unrealistic to expect lasting happiness, our evolved tendency to seek happiness drives us to achieve much that is worthwhile in itself. What is more, it seems to be not your particular circumstances that define whether you are happy so much as your attitude towards life. Happiness gives us the latest scientific insights into the nature of our feelings of well-being, and what these imply for how we might live our lives.

Stumbling on Happiness *Vintage Canada*

A smart and funny book by a prominent Harvard psychologist, which uses groundbreaking research and (often hilarious) anecdotes to show us why we're so lousy at predicting what will make us happy – and what we can do about it. Most of us spend our lives steering ourselves toward the best of all possible futures, only to find that tomorrow rarely turns out as we had expected. Why? As Harvard psychologist Daniel Gilbert explains, when people try to imagine what the future will hold, they make some basic and consistent mistakes. Just as memory plays tricks on us when we try to look backward in time, so does imagination play tricks when we try to look forward. Using cutting-edge research, much of it original, Gilbert shakes, cajoles, persuades, tricks and jokes us into accepting the fact that happiness is not really what or where we thought it was. Among the unexpected questions he poses: Why are conjoined

twins no less happy than the general population? When you go out to eat, is it better to order your favourite dish every time, or to try something new? If Ingrid Bergman hadn't gotten on the plane at the end of Casablanca, would she and Bogey have been better off? Smart, witty, accessible and laugh-out-loud funny, *Stumbling on Happiness* brilliantly describes all that science has to tell us about the uniquely human ability to envision the future, and how likely we are to enjoy it when we get there.

Reaching Down the Rabbit Hole

A Renowned Neurologist Explains the Mystery and Drama of Brain Disease *Macmillan*

A top neurologist explains the difficulty of diagnosing brain diseases through such cases as a college quarterback who keeps calling the same play and a salesman who continuously drives around a traffic circle.

The Happiness Hypothesis

Putting Ancient Wisdom to the Test of Modern Science

Every culture rests on a bedrock of folk wisdom handed down through generations. The pronouncements of philosophers are homespun by our grandmothers, and find their way into our common sense: what doesn't kill you makes you stronger. Do unto others as you would have done unto you. Happiness comes from within. But are these 'truths' really true? Today many of us seem to prefer to cling to the notion that a little bit more money, love or success will make us truly happy. Are we wrong? In *The Happiness Hypothesis*, psychologist Jonathan Haidt exposes traditional wisdom to the scrutiny of

modern science, delivering startling insights. We learn why constraints are good for us and choice is (sometimes) bad; where true love comes from; why conscious thought is not as important as we might think; and why we yearn to become part of something larger than ourselves.

Summary of Jonathan Haidt's The Happiness Hypothesis by Swift Reads *Swift Reads*

For thousands of years, great thinkers have pondered the meaning of life. An American social psychologist may have solved the puzzle... Purchase this in-depth summary to learn more.

The Little Book of Psychology

An Introduction to the Key Psychologists and Theories You Need to Know *Simon and Schuster*

If you want to know your Freud from your Jung and your Milgram from your Maslow, strap in for this whirlwind tour of the highlights of psychology. Including accessible primers on: The early thinkers who contributed to psychological ideas and the birth of modern psychology Famous (and often controversial) experiments and their repercussions What psychology can teach us about memory, language, conformity, reasoning and emotions The ethics of psychological studies Recent developments in the modern fields of evolutionary and cyber psychology. This illuminating little book will introduce you to the key thinkers, themes and theories you need to know to understand how the study of mind and behaviour has sculpted the world we live in and the way we think today.

The Mindful Twenty-Something

Life Skills to Handle Stress...and Everything Else *New Harbinger Publications*

"A 21st century book, grounded in ancient ways of practice." —Sharon Salzberg, author of *Lovingkindness* and *Real Happiness In The Mindful Twenty-Something*, the cofounder of the extremely popular *Koru Mindfulness* program developed at Duke University presents a unique, evidence-based approach to help you make important life decisions with clarity and confidence. As a twenty-something, you may feel like you are being pulled in dozen different directions. With the daily tumult, busyness, and major life changes you experience as a young adult, you may also be particularly vulnerable to stress and its negative effects. Emerging adulthood, which occurs between the ages of 18 and 29, is a developmental stage of life when you're faced with important decisions about school, relationships, sex, your career, and more. With so much going on, you need a guide to help you navigate with less stress and more ease. The *Koru Mindfulness* program, developed at Duke University and already in use on numerous college campuses—including Harvard, Yale, Princeton, MIT, Dartmouth, and several others—and in treatment centers across the country, is the only evidence-based mindfulness training program for young adults that has been empirically proven to have significant benefits for sleep, perceived stress, and self-compassion. Now, with *The Mindful Twenty-Something*, this popular program is accessible to all young adults struggling with stress. With *Koru Mindfulness* and the practical tools you'll learn from this acceptance-based, proven-effective approach, you'll be able to cultivate the compassion and

mindfulness skills you need to manage life's challenges from a calm, balanced center, regardless of what comes your way.

The Coddling of the American Mind

How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure *Penguin*

New York Times Bestseller • Finalist for the 2018 National Book Critics Circle Award in Nonfiction • A New York Times Notable Book • Bloomberg Best Book of 2018 "Their distinctive contribution to the higher-education debate is to meet safetyism on its own, psychological turf. . . Lukianoff and Haidt tell us that safetyism undermines the freedom of inquiry and speech that are indispensable to universities." —Jonathan Marks, Commentary "The remedies the book outlines should be considered on college campuses, among parents of current and future students, and by anyone longing for a more sane society." —Pittsburgh Post-Gazette "Something has been going wrong on many college campuses in the last few years. Speakers are shouted down. Students and professors say they are walking on eggshells and are afraid to speak honestly. Rates of anxiety, depression, and suicide are rising—on campus as well as nationally. How did this happen? First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt show how the new problems on campus have their origins in three terrible ideas that have become increasingly woven into American childhood and education: What doesn't kill you makes you weaker; always trust your feelings; and life is a battle between good people and evil people. These three Great Untruths contradict

basic psychological principles about well-being and ancient wisdom from many cultures. Embracing these untruths—and the resulting culture of safetyism—interferes with young people's social, emotional, and intellectual development. It makes it harder for them to become autonomous adults who are able to navigate the bumpy road of life. Lukianoff and Haidt investigate the many social trends that have intersected to promote the spread of these untruths. They explore changes in childhood such as the rise of fearful parenting, the decline of unsupervised, child-directed play, and the new world of social media that has engulfed teenagers in the last decade. They examine changes on campus, including the corporatization of universities and the emergence of new ideas about identity and justice. They situate the conflicts on campus within the context of America's rapidly rising political polarization and dysfunction. This is a book for anyone who is confused by what is happening on college campuses today, or has children, or is concerned about the growing inability of Americans to live, work, and cooperate across party lines.

Uncovering Happiness

Overcoming Depression with Mindfulness and Self-Compassion *Simon and Schuster*

Goldstein believes that overcoming depression and uncovering happiness is in harnessing our brain's own natural antidepressant power and ultimately creating a more resilient antidepressant brain. In seven simple steps, she shows you how to take back control of your mind, your mood, and your life --

Mourning Happiness

Narrative and the Politics of Modernity *Cornell University Press*

A work of rare scope and power that grapples with the big questions: Is happiness the proper end of life, as the Greeks conceived it to be, or is life, as it appears since the early English novel, an endless trial?--Adam Potkay

The Happiness Hypothesis

The bestselling author of *The Righteous Mind* draws on philosophical wisdom and scientific research to show how the meaningful life is closer than you think. *The Happiness Hypothesis* is a book about ten Great Ideas. Each chapter is an attempt to savor one idea that has been discovered by several of the world's civilizations—to question it in light of what we now know from scientific research, and to extract from it the lessons that still apply to our modern lives and illuminate the causes of human flourishing. Award-winning psychologist Jonathan Haidt, the author of *The Righteous Mind*, shows how a deeper understanding of the world's philosophical wisdom and its enduring maxims—like "do unto others as you would have others do unto you," or "what doesn't kill you makes you stronger"—can enrich and even transform our lives.

The Illusion of Conscious Will *MIT Press*

A novel contribution to the age-old debate about free will versus determinism. Do we consciously cause our actions, or do they happen to us? Philosophers, psychologists, neuroscientists, theologians, and lawyers have long debated the existence of free will versus determinism. In this book

Daniel Wegner offers a novel understanding of the issue. Like actions, he argues, the feeling of conscious will is created by the mind and brain. Yet if psychological and neural mechanisms are responsible for all human behavior, how could we have conscious will? The feeling of conscious will, Wegner shows, helps us to appreciate and remember our authorship of the things our minds and bodies do. Yes, we feel that we consciously will our actions, Wegner says, but at the same time, our actions happen to us. Although conscious will is an illusion, it serves as a guide to understanding ourselves and to developing a sense of responsibility and morality. Approaching conscious will as a topic of psychological study, Wegner examines the issue from a variety of angles. He looks at illusions of the will—those cases where people feel that they are willing an act that they are not doing or, conversely, are not willing an act that they in fact are doing. He explores conscious will in hypnosis, Ouija board spelling, automatic writing, and facilitated communication, as well as in such phenomena as spirit possession, dissociative identity disorder, and trance channeling. The result is a book that sidesteps endless debates to focus, more fruitfully, on the impact on our lives of the illusion of conscious will.

Looking for Spinoza

Joy, Sorrow, and the Feeling Brain *Houghton Mifflin Harcourt*

Investigates the cerebral mechanisms behind emotions and feelings to explain the role between emotion, survival, and cultural accomplishment.

Science and Philosophy in the Indian Buddhist Classics

The Mind, Volume 2 *Simon and Schuster*

The second volume in a prominent new series on Buddhism and science, directed by the Dalai Lama and previously covered by the BBC. Science and Philosophy in the Indian Buddhist Classics compiles classical Buddhist explorations of the nature of our material world, the human mind, logic, and phenomenology and puts them into context for the modern reader. This ambitious four-volume series—a major resource for the history of ideas and especially the history of science and philosophy—has been conceived by and compiled under the visionary supervision of His Holiness the Dalai Lama himself. It is his view that the exploratory thinking of great Indian masters in the first millennium CE still has much that is of interest to us today, whether we are Buddhist or not. These volumes make those insights accessible. This, the second volume in the series, focuses on the science of the mind. Readers are first introduced to Buddhist conceptions of mind and consciousness and then led through traditional presentations of mental phenomena to reveal a Buddhist vision of the inner world with fascinating implications for the contemporary disciplines of cognitive science, psychology, emotion research, and philosophy of mind. Major topics include: -The distinction between sensory and conceptual processes and the pan-Indian notion of mental consciousness -Mental factors—specific mental states such as attention, mindfulness, and compassion—and how they relate to one another -The unique tantric theory of subtle levels of consciousness, their connection to the subtle energies, or “winds,” that flow through channels in the human body, and what happens to

each when the body and mind dissolve at the time of death -The seven types of mental states and how they impact the process of perception -Styles of reasoning, which Buddhists understand as a valid avenue for acquiring sound knowledge In the final section, the volume offers what might be called Buddhist contemplative science, a presentation of the classical Buddhist understanding of the psychology behind meditation and other forms of mental training. To present these specific ideas and their rationale, the volume weaves together passages from the works of great Buddhist thinkers like Asanga, Vasubandhu, Nagarjuna, Dignaga, and Dharmakirti. His Holiness the Dalai Lama’s introduction outlines scientific and philosophical thinking in the history of the Buddhist tradition. To provide additional context for Western readers, each of the six major topics is introduced with an essay by John D. Dunne, distinguished professor of Buddhist philosophy and contemplative practice at the University of Wisconsin. These essays connect the traditional material to contemporary debates and Western parallels, and provide helpful suggestions for further reading.

All Minus One

John Stuart Mill's Ideas on Free Speech Illustrated, Second Edition

To Be Honest

Lead with the Power of Truth, Justice and Purpose *Kogan Page Publishers*

Under what conditions will people tell the truth, behave fairly and act with purpose at work? And when will they lie, cheat and be selfish? Based on 15 years

of research, *To Be Honest* explains how four factors (Clear Identity, Accountability, Governance and Cross-Functional Relationships) affect honesty, justice and purpose within a company. When these factors are absent or ineffective, the organizational conditions compel employees to choose dishonesty and self-interest. But when done well, the organization is 16 times more likely to have people tell the truth, behave fairly and serve a greater good. *To Be Honest* shares the stories of leaders who have acted with purpose, honesty and justice even when it was difficult to do so. In-depth interviews with CEOs and senior executives from exemplar companies such as Patagonia, Cabot Creamery, Microsoft and others reveal what it takes to build purpose-driven companies of honesty and justice. Interviews with thought leaders like Jonathan Haidt, Amy Edmondson, Dan Ariely and James Detert offer rich insights on how leaders can become more honest and purposeful. You'll learn how Hubert Joly took Best Buy from a company on the brink of bankruptcy to one that is profitable, thriving and purposeful. Filled with real-life examples, *To Be Honest* offers actionable steps, practical tools and approaches that any leader or manager can use to create a culture of purpose, honesty and justice.

Authentic Happiness *Hachette UK*

In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In *Authentic Happiness*, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can

build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

The Coding Manual for Qualitative Researchers *SAGE*

The Second Edition of Johnny Saldaña's international bestseller provides an in-depth guide to the multiple approaches available for coding qualitative data. Fully up to date, it includes new chapters, more coding techniques and an additional glossary. Clear, practical and authoritative, the book: -describes how coding initiates qualitative data analysis -demonstrates the writing of analytic memos -discusses available analytic software -suggests how best to use *The Coding Manual for Qualitative Researchers* for particular studies. In total, 32 coding methods are profiled that can be applied to a range of research genres from grounded theory to phenomenology to narrative inquiry. For each approach, Saldaña discusses the method's origins, a description of the method, practical applications, and a clearly illustrated example with analytic follow-up. A unique and invaluable reference for students, teachers, and practitioners of qualitative inquiry, this book is essential reading across the social sciences.

An Introduction to Categorical Data Analysis *John Wiley & Sons*

A valuable new edition of a standard reference. The use of statistical methods for categorical data has increased dramatically, particularly for applications in the biomedical and social sciences. *An Introduction to Categorical Data Analysis*, Third Edition summarizes these methods and shows readers how to use them using software. Readers will find a unified generalized linear models approach that connects logistic regression and loglinear models for discrete data with normal regression for continuous data. Adding to the value in the new edition is: • Illustrations of the use of R software to perform all the analyses in the book • A new chapter on alternative methods for categorical data, including smoothing and regularization methods (such as the lasso), classification methods such as linear discriminant analysis and classification trees, and cluster analysis • New sections in many chapters introducing the Bayesian approach for the methods of that chapter • More than 70 analyses of data sets to illustrate application of the methods, and about 200 exercises, many containing other data sets • An appendix showing how to use SAS, Stata, and SPSS, and an appendix with short solutions to most odd-numbered exercises. Written in an applied, nontechnical style, this book illustrates the methods using a wide variety of real data, including medical clinical trials, environmental questions, drug use by teenagers, horseshoe crab mating, basketball shooting, correlates of happiness, and much more. *An Introduction to Categorical Data Analysis*, Third Edition is an invaluable tool for statisticians and biostatisticians as well as methodologists in the social

and behavioral sciences, medicine and public health, marketing, education, and the biological and agricultural sciences.

Seven and a Half Lessons about the Brain *Houghton Mifflin*

From the author of *How Emotions Are Made*, a myth-busting primer on the brain, in the tradition of *Seven Brief Lessons on Physics* and *Astrophysics for People in a Hurry*

Flourishing

Positive Psychology and the Life Well-lived *American Psychological Association*

Psychology has made great strides in understanding mental illness, but how much has it learned about mental health? When people want to reflect upon the good life and how to live it, they turn to philosophers and novelists, not psychologists. The emerging field of positive psychology aims to redress this imbalance. In *Flourishing*, distinguished scholars apply scientific analyses to study the good life, expanding the scope of social and psychological research to include happiness, well-being, courage, citizenship, play, and the satisfactions of healthy work and healthy relationships. Their findings reveal that a sense of meaning and a feeling of richness emerge in life as people immerse themselves in activities, relationships, and the pursuit of intrinsically satisfying goals like overcoming adversity or serving one's community through volunteering. This provocative book will further define this evolving field.

How People Matter

Why it Affects Health, Happiness, Love, Work, and Society *Cambridge University Press*

Mattering, which is about feeling valued and adding value, is essential for health, happiness, love, work, and social well-being. We all need to feel valued by, and add value to, ourselves, others, co-workers, and community members. This book shows not only the signs, significance, and sources of mattering, but also presents the strategies to achieve mattering in our personal and professional lives. It uses research-based methods of change to help people achieve a higher sense of purpose and a deeper sense of meaning. Each chapter gives therapists, managers, teachers, parents, and healthcare professionals the tools needed to optimize personal and collective well-being and productivity. The volume explains how promoting mattering within communities fosters wellness and fairness in equal measure. By using the new science of feeling valued and adding value, the authors provide a guide to promoting happier lives and healthier societies.

The Rise of Victimhood Culture

Microaggressions, Safe Spaces, and the New Culture Wars *Springer*

The Rise of Victimhood Culture offers a framework for understanding recent moral conflicts at U.S. universities, which have bled into society at large. These are not the familiar clashes between liberals and conservatives or the religious and the secular: instead, they are clashes between a new moral culture—victimhood culture—and a more traditional culture of dignity. Even as students increasingly demand trigger warnings and “safe spaces,” many young people are quick to police the words and deeds of others, who in turn claim that political correctness has run amok. Interestingly, members of both

campus often consider themselves victims of the other. In tracking the rise of victimhood culture, Bradley Campbell and Jason Manning help to decode an often dizzying cultural milieu, from campus riots over conservative speakers and debates around free speech to the election of Donald Trump.

America the Anxious

How to Calm Down, Stop Worrying, and Find Happiness *St. Martin's Press*

NAMED ONE OF THE 40 BEST BOOKS OF 2016 BY THE NEW YORK POST A New York Times Editor's Choice pick “Ruth Whippman is my new favorite cultural critic...a shrewd, hilarious analysis.” —Adam Grant, New York Times bestselling author of Give and Take, Originals, and Option B (coauthored with Sheryl Sandberg) “I don't think I've enjoyed cultural observations this much since David Foster Wallace's *A Supposedly Fun Thing I'll Never Do Again*. Reading this book is like touring America with a scary-smart friend who can't stop elbowing you in the ribs and saying, “Are you seeing what I'm seeing?!” If you want to understand why our culture incites pure dread and alienation in so many of us (often without always recognizing it), read this book.” —Heather Havrilesky, writer behind “Ask Polly” for New York Magazine and nationally bestselling author of *How to Be a Person in the World* Are you happy? Right now? Happy enough? As happy as everyone else? Could you be happier if you tried harder? After she packed up her British worldview (that most things were basically rubbish) and moved to America, journalist and documentary filmmaker Ruth Whippman found herself increasingly perplexed by the American

obsession with one topic above all others: happiness. The subject came up everywhere: at the playground swings, at the meat counter in the supermarket, and even—legs in stirrups—at the gynecologist. The omnipresence of these happiness conversations (trading tips, humble-bragging successes, offering unsolicited advice) wouldn't let her go, and so Ruth did some digging. What she found was a paradox: despite the fact that Americans spend more time and money in search of happiness than any other nation on earth, research shows that the United States is one of the least contented, most anxious countries in the developed world. Stoked by a multi-billion dollar "happiness industrial complex" intent on selling the promise of bliss, America appeared to be driving itself crazy in pursuit of contentment. So Ruth set out to get to the bottom of this contradiction, embarking on an uproarious pilgrimage to investigate how this national obsession infiltrates all areas of life, from religion to parenting, the workplace to academia. She attends a controversial self-help course that promises total transformation, where she learns all her problems are all her own fault; visits a "happiness city" in the Nevada desert and explores why it has one of the highest suicide rates in America; delves into the darker truths behind the influential academic "positive psychology movement"; and ventures to Utah to spend time with the Mormons, officially America's happiest people. What she finds, ultimately, and presents in America the Anxious, is a rigorously researched yet universal answer, and one that comes absolutely free of charge.

A Joosr Guide to ... The Happiness Hypothesis by Jonathan Haidt

Finding Modern Truth in Ancient Wisdom

The Evolution of Desire

Strategies of Human Mating *Basic Books*

A "drop-dead shocker" (Washington Post Book World) that uses evolutionary psychology to explain human mating and the mysteries of love. If we all want love, why is there so much conflict in our most cherished relationships? To answer this question, we must look into our evolutionary past, argues prominent psychologist David M. Buss. Based on one of the largest studies of human mating ever undertaken, encompassing more than 10,000 people of all ages from thirty-seven cultures worldwide, *The Evolution of Desire* is the first work to present a unified theory of human mating behavior. Drawing on a wide range of examples of mating behavior — from lovebugs to elephant seals, from the Yanomamö tribe of Venezuela to online dating apps — Buss reveals what women want, what men want, and why their desires radically differ. Love has a central place in human sexual psychology, but conflict, competition, and manipulation also pervade human mating — something we must confront in order to control our own mating destiny. Updated to reflect the very latest scientific research on human mating, this definitive edition of this classic work of evolutionary psychology explains the powerful forces that shape our most intimate desires.

Hardwiring Happiness

The New Brain Science of Contentment, Calm, and Confidence
Harmony

Why is it easier to ruminate over hurt feelings than it is to bask in the warmth of being appreciated? Because your brain evolved to learn quickly from bad experiences but slowly from the good ones. You can change this. *Hardwiring Happiness* lays out a simple method that uses the hidden power of everyday experiences to build new neural structures full of happiness, love, confidence, and peace. Dr. Hanson's four steps build strengths into your brain—balancing its ancient negativity bias—making contentment and a powerful sense of resilience the new normal. In mere minutes each day, we can transform our brains into refuges and power centers of calm and happiness.

The Geography of Bliss

One Grump's Search for the Happiest Places in the World *Twelve*

Part travel memoir, part humor, and part twisted self-help guide, *The Geography of Bliss* takes the reader across the globe to investigate not what happiness is, but WHERE it is. Are people in Switzerland happier because it is the most democratic country in the world? Do citizens of Qatar, awash in petrodollars, find joy in all that cash? Is the King of Bhutan a visionary for his initiative to calculate Gross National Happiness? Why is Asheville, North Carolina so damn happy? In a unique mix of travel, psychology, science and humor, Eric Weiner answers those questions and many others, offering travelers of all moods some interesting new ideas for sunnier destinations and dispositions.

Self-Care for the Real World

Practical self-care advice for everyday life *Random House*

----- THE TOP TEN BESTSELLER 'Unusually practical, non-patronising and authentic. Think Marie Kondo for the mind' Sunday Times Wellness pioneers Nadia Narain and Katia Narain Phillips have spent decades helping others to feel their best. But it took them a bit longer to learn to care for themselves. Here they share the small, achievable steps they picked up on a lifetime's journey towards self-care, and how you can apply them to your life, wherever you are. Right now, you may be deep in the waves of life, being tossed around. Learning self-care is like building your own life boat, plank by plank. Once you've got your boat, you'll still be rocked by the same waves, but you'll have a feeling of safety, and a stability that means you can pick other people up on your way.

Bored and Brilliant

How Spacing Out Can Unlock Your Most Productive and Creative Self

"Bored and Brilliant shows the fascinating side of boredom. Manoush Zomorodi investigates cutting-edge research as well as compelling (and often funny) real-life examples to demonstrate that boredom is actually a crucial tool for making our lives happier, more productive, and more creative. What's more, the book is crammed with practical exercises for anyone who wants to reclaim the power of spacing out – deleting the Two Dots app, for instance, or having a photo-free day, or taking a 'fakecation'." —Gretchen Rubin, author of #1 NYT Bestseller *The Happiness Project* "Bored and Brilliant is full of easy steps to make each day more effective and every life more intentional.

Manoush's mix of personal stories, neuroscience, and data will convince you that boredom is actually a gift." —Charles Duhigg, author of *The Power of Habit* and *Smarter, Faster, Better* It's time to move "doing nothing" to the top of your to-do list. In 2015 Manoush Zomorodi, host of WNYC's popular podcast and radio show *Note to Self*, led tens of thousands of listeners through an experiment to help them unplug from their devices, get bored, jump-start their creativity, and change their lives. *Bored and Brilliant* builds on that experiment to show us how to rethink our gadget use to live better and smarter in this new digital ecosystem. Manoush explains the connection between boredom and original thinking, exploring how we can harness boredom's hidden benefits to become our most productive and creative selves without totally abandoning our gadgets in the process. Grounding the book in the neuroscience and cognitive psychology of "mind wandering" what our brains do when we're doing nothing at all—Manoush includes practical steps you can take to ease the nonstop busyness and enhance your ability to dream, wonder, and gain clarity in your work and life. The outcome is mind-blowing. Unplug and read on.

The Pursuit of Perfect: How to Stop Chasing Perfection and Start Living a Richer, Happier Life *McGraw Hill Professional*

DO YOU WANT YOUR LIFE TO BE PERFECT? We're all laboring under our own and society's expectations to be perfect in every way—to look younger, to make more money, to be happy all the time. But according to Tal Ben-Shahar, the New York Times bestselling author of *Happier*, the pursuit of perfect may

actually be the number-one internal obstacle to finding happiness. OR DO YOU WANT TO BE HAPPY? Applying cutting-edge research in the field of positive psychology—the scientific principles taught in his wildly popular course at Harvard University—Ben-Shahar takes us off the impossible pursuit of perfection and directs us to the way to happiness, richness, and true fulfillment. He shows us the freedom derived from not trying to do it all right all the time and the real lessons that failure and painful emotions can teach us. YOU DON'T HAVE TO BE PERFECT TO BE PERFECTLY HAPPY! In *The Pursuit of Perfect*, Tal Ben-Shahar offers an optimal way of thinking about failure and success—and the very way we live. He provides exercises for self reflection, meditations, and "Time-Ins" to help you rediscover what you really want out of life. Praise for Tal Ben-Shahar's *Happier*: "This fine book shimmers with a rare brand of good sense that is embedded 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*

The End of Trauma

How the New Science of Resilience Is Changing How We Think About PTSD *Basic Books*

A top expert on human trauma argues that we vastly overestimate how common PTSD is and fail to recognize how resilient people really are. After 9/11, mental health professionals flocked to New York to handle what everyone assumed would be a flood of trauma cases. Oddly, the flood never came. In *The End of Trauma*, pioneering psychologist George A. Bonanno argues

that we failed to predict the psychological response to 9/11 because most of what we understand about trauma is wrong. For starters, it's not nearly as common as we think. In fact, people are overwhelmingly resilient to adversity. What we often interpret as PTSD are signs of a natural process of learning how to deal with a specific situation. We can cope far more effectively if we understand how this process works. Drawing on four decades of research, Bonanno explains what makes us resilient, why we sometimes aren't, and how we can better handle traumatic stress. Hopeful and humane, *The End of Trauma* overturns everything we thought we knew about how people respond to hardship.

Standard Deviations

Flawed Assumptions, Tortured Data, and Other Ways to Lie with Statistics *Abrams*

Did you know that baseball players whose names begin with the letter "D" are more likely to die young? Or that Asian Americans are most susceptible to heart attacks on the fourth day of the month? Or that drinking a full pot of coffee every morning will add years to your life, but one cup a day increases the risk of pancreatic cancer? All of these "facts" have been argued with a straight face by credentialed researchers and backed up with reams of data and convincing statistics. As Nobel Prize-winning economist Ronald Coase once cynically observed, "If you torture data long enough, it will confess." Lying with statistics is a time-honored con. In *Standard Deviations*, economics professor Gary Smith walks us through the various tricks and traps that people use to back up their own crackpot

theories. Sometimes, the unscrupulous deliberately try to mislead us. Other times, the well-intentioned are blissfully unaware of the mischief they are committing. Today, data is so plentiful that researchers spend precious little time distinguishing between good, meaningful indicators and total rubbish. Not only do others use data to fool us, we fool ourselves. With the breakout success of Nate Silver's *The Signal and the Noise*, the once humdrum subject of statistics has never been hotter. Drawing on breakthrough research in behavioral economics by luminaries like Daniel Kahneman and Dan Ariely and taking to task some of the conclusions of *Freakonomics* author Steven D. Levitt, *Standard Deviations* demystifies the science behind statistics and makes it easy to spot the fraud all around. *London Times Book of the Week* (2014)

Happiness

A History *Grove Press*

Happiness: A History draws on a multitude of sources, including art and architecture, poetry and scripture, music and theology, and literature and myth, to offer a sweeping history of man's most elusive yet coveted goal. Ranging from psychology to genetics to the invention of the "smiley face," McMahon follows the great pursuit of happiness through to the present day, showing how our modern search continues to generate new forms of pleasure, but also new forms of pain. Reprint.

Kaizen

The Japanese Secret to Lasting Change—Small Steps to Big Goals *The Experiment*

Reach your goals with Kaizen—the

Japanese art of gentle self-improvement. From Hygge to Ikigai, positive philosophies have taken the world by storm. Now, Kaizen—meaning “good change”—will help you transform your habits, without being too hard on yourself along the way. With Kaizen, even the boldest intention becomes a series of small, achievable steps. Each person’s approach will be different, which is why it’s so effective. First popularized by Toyota, Kaizen is already proven in the worlds of business and sports. Here, Sarah Harvey shows how to apply it to your health, relationships, money, career, hobbies, and home—and how to tailor it to your personality. Kaizen is the key to lasting change!

The Happiness Trap

Stop Struggling, Start Living *Exisle Publishing*

A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment – now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and

depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harries, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.