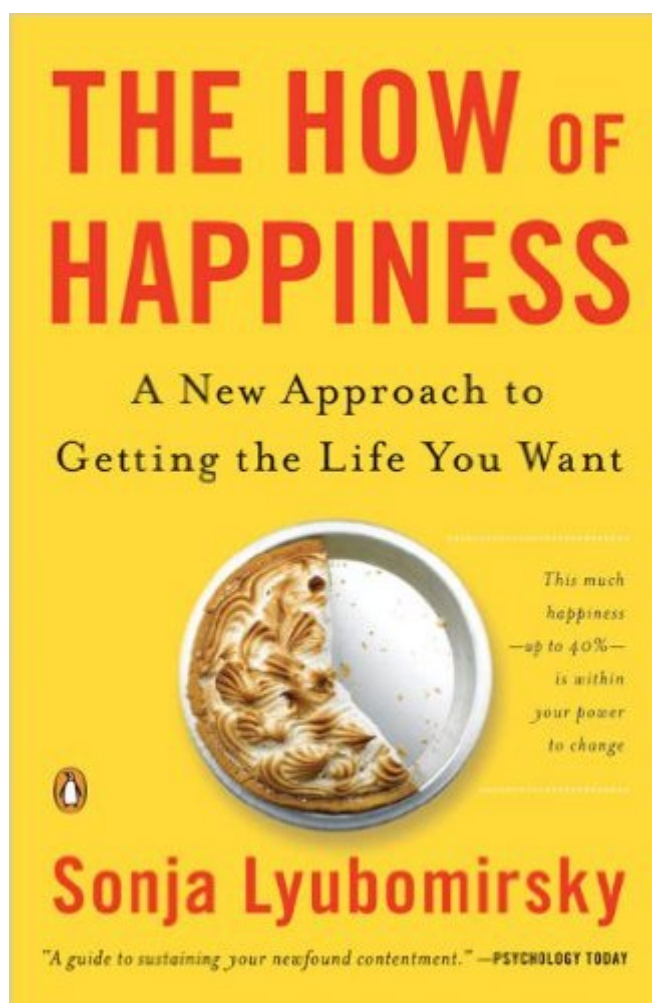


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# The How Of Happiness: A New Approach To Getting The Life You Want



## Synopsis

Learn how to achieve the happiness you deserve" A guide to sustaining your newfound contentment." --Psychology Today You see here a different kind of happiness book. The How of Happiness is a comprehensive guide to understanding the elements of happiness based on years of groundbreaking scientific research. It is also a practical, empowering, and easy-to-follow workbook, incorporating happiness strategies, exercises in new ways of thinking, and quizzes for understanding our individuality, all in an effort to help us realize our innate potential for joy and ways to sustain it in our lives. Drawing upon years of pioneering research with thousands of men and women, The How of Happiness is both a powerful contribution to the field of positive psychology and a gift to people who have sought to take their happiness into their own hands. [www.TheHowOfHappiness.com](http://www.TheHowOfHappiness.com)

## Book Information

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## Customer Reviews

"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

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.

Sonja Lyubomirsky's book is one of the most thorough (sometimes a little too thorough!) presentations of the inspiring new science of Positive Psychology. Positive Psychology investigates the causes and practices of human happiness, rather than the origin and treatment of abnormal psychology. Martin Seligman was one of the main founders of the movement. As Lyubomirsky explains in the chapter "The Fifth How: Habit," the successful practice of Positive Psychology requires establishing positive habits. Because of our internal resistance, however, habits aren't easy to create. Not included in Lyubomirsky's book are two exciting discoveries in psychology that can help us overcome this resistance: The first technique is to commit ourselves to only a \*tiny step\* toward the desired behavior, which surprisingly often dissolves our resistance and leads us to spontaneously continue performing the positive action. Harvard instructor Tal Ben-Shahar, Ph.D., said that this approach is the single most important technique to emerge from research on procrastination. The second technique is to track the "chain" or "streak" of days on which we complete the desired habit (or at least the tiny step toward that habit). Our reluctance to break the chain forms a second level of motivation to help us establish the habit. To help busy people create happiness habits, and to translate happiness theory into practice, I created a free iPhone app called "Mini Steps: End Procrastination, Build Good Habits" ([tinyurl.com/GoodHabitApp](http://tinyurl.com/GoodHabitApp)). I think the app is a great companion to Lyubomirsky's book, and I'd love to get your feedback on it.

THE HOW OF HAPPINESS presents an intelligent and original approach to maximizing happiness that is exceedingly useful for psychologists, mental health professionals and laymen alike. The fact the Dr. Lyubomirsky is able to quantify, through her research, that 40% of our capacity for

happiness is within our power to change, is illuminating and has the capacity to transform lives. As a clinical psychologist and Director of Psychology responsible for training doctoral level psychology interns, I have incorporated her research, principles and activities in my clinical practice as well as my teaching interns and staff. Dr. Lyubomirsky's secrets to abiding happiness provide important insights and her happiness activities and recommendations are both practical and highly effective. THE HOW OF HAPPINESS is an important contribution to the field of positive psychology. I highly recommend this gem of a book to every reader.

It's cool to see a book that talks about solutions you can actually DO, rather than trying to think about your problems to death. These are specific practices a person can implement in their life which have been found, through experimental studies, to be linked to higher levels of happiness. The recommendations in the book are based on actual experiments, instead of someone on their soapbox spouting philosophies they think will help people. Fabulous book!

Very useful information in this book about psychology and statistics. It speaks truth behind depression and has great insights on how to get out of it and live a happy life that we all deserve

“All of us want to be happy, even if we don't admit it openly or choose to cloak our desire in different words. Whether our dreams are about professional success, spiritual fulfillment, a sense of connection, a purpose in life, or love and sex, we covet those things because ultimately we believe that they will make us happier. Yet few of us truly appreciate just how much we can improve our happiness or know precisely how to go about doing it. To step back and consider your deep-seated assumptions about how to become a happier person and whether it's even possible for you” what I hope this book will spur you to do “is to understand that becoming happier is realizable, that it's in your power, and that it's one of the most vital and momentous things that you can do for yourself and for those around you.” ~ Sonja Lyubomirsky from The How of Happiness People often ask me what ONE book I would recommend they read that I think best captures how to create an ideal life. I've never given an answer as nothing's ever really met that standard. Now I can: The How of Happiness. This is the 87th Note I've worked on and it's been fascinating to see the same Big Ideas repeated by philosophers, mystics and modern-day self-help gurus. It's even more exciting, in fact, EXHILARATING (!!!), to see so many of these Ideas SCIENTIFICALLY TESTED and \*PROVEN\* to be effective. (Pardon the yelling. This book gets me a little excited. :) And

that's what this book is all about. As a research psychologist and University of California professor of psychology, for the last 18+ years Sonja Lyubomirsky has been testing various ways we can increase our level of happiness as she's played a leading role in the nascent positive psychology movement that's creating a science of optimal living. SUPER COOL stuff. I HIGHLY HIGHLY HIGHLY recommend you get the book. It's packed with happiness assessments and scientifically proven strategies for boosting your level of happiness that I think you'll really dig. Let's explore some of the Big Ideas: 1. Why Be Happy? - Compelling reasons. 2. The 40% Solution - Focus here! 3. The Work of Happiness - It takes consistent effort. 4. 12 Happiness Activities - What's your favorite? 5. Happiness Activity #1: - Expressing gratitude. So bust out your journal and imagine your ideal self as we move to embody the hows of happiness, will ya?!? :) More goodness including Philosophers' Notes on 300+ books in our "OPTIMIZE" membership program. Find out more at [brianjohnson . me](http://brianjohnson.me).

I found this an interesting and introspective book.

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