

## **THE MYTHS OF HAPPINESS**



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Sonja Lyubomirsky is a professor of psychology at the University of California, Riverside, and the author of *The How of Happiness* and, most recently, *The Myths of Happiness*. She lives in Santa Monica, California.

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Sonja Lyubomirsky on the Myths of Happiness February 20, 2013 | 22:27 A leading researcher in positive psychology explains how understanding our misconceptions about happiness can ultimately lead us to a rich and meaningful life.

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In "The Myths of Happiness," Sonja Lyubomirsky identifies several important mistakes that we make in pursuing happiness.

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