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Twelve chapters, twelve weeks. If you're an educator who wants to teach your students about Stumbling on Happiness, or a member of a discussion group that wants to learn more about the topics it covers, you can get Daniel Gilbert's complete study guide for the book here. Based on his own experience teaching this material at Harvard, he includes information about the concepts covered in each

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Dan Gilbert says we get in the way of our own happiness because we don't understand how our mind works and the tricks it plays on us. The Harvard psychologist is author of the best-selling Stumbling on Happiness.

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### **Book Summary Stumbling on Happiness by Dan Gilbert**

This is my book summary of Stumbling on Happiness by Dan Gilbert. My notes are informal and often contain quotes from the book as well as my own thoughts. This summary also includes key lessons and important passages from the book. This is a list of authors, books, and concepts mentioned in

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### **Stumbling on Happiness Wikipedia**

Stumbling on Happiness is a non-fiction book by Daniel Gilbert. It was published in the United States and Canada in 2006 by Knopf, and has been translated into more than 30 languages. It is a New York Times bestseller.

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### **Stumbling on Happiness Quotes by Daniel Todd Gilbert**

120 quotes from Stumbling on Happiness: My friends tell me that I have a tendency to point out problems without offering solutions, but they never tell

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**'Stumbling on Happiness ' by Daniel Gilbert The New York**

Gilbert is an influential researcher in happiness studies, an interdisciplinary field that has attracted psychologists, economists and other empirically minded researchers, not to mention a lot of

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