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About the Book The How of Happiness

Drawing on her own groundbreaking research with thousands of men and women, research psychologist and University of California professor of psychology Sonja Lyubomirsky has pioneered a detailed yet easy-to-follow plan to increase happiness in our day-to-day lives-in the short term and over the long term.

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The How of Happiness A Scientific Approach to Getting the

The How of Happiness is a comprehensive treatment of what makes us happy and what we can do to become happier, rooted in a treasure trove of research. It's organized into 12 intentional activities - things to do. Oddly, I started this book four years ago, got to the first survey, and put it down.

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The How of Happiness by Sonja Lyubomirsky Book Review

The How of Happiness by Sonja Lyubomirsky Book Review. written by Kathryn Britton January 23, 2008. Kathryn Britton, MAPP '06, former software engineer, is a coach working with professionals to increase well-being, energy, and meaning in their work lives (Theano Coaching LLC).

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Happiness and The Art of Being

HAPPINESS AND THE ART OF BEING 2 cloud the pure simplicity and clarity of being, making what is obvious appear to be obscure. Like any other science, the science of being begins with observation and

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