

Public note

Bruno Pedro

Tuesday, March 15, 2022

We've been taught that if we work hard, we will be successful, and then we'll be happy. If we can just find that great job, get a raise, lose those five pounds, happiness will follow. But recent discoveries in the field of positive psychology have shown that this formula is actually backward: happiness fuels success, not the other way around.

Found on The Happiness Advantage – Shawn Achor on 2022-03-15 17:46:45.

Tags: #happiness #book #performance #team #employee #management
#people