A BRIEF HISTORY OF HAPPINESS

In this brief history, philosopher Nicholas White reviews 2,500 years of philosophical thought about happiness. Addresses key questions such as: What is happiness? Should happiness play such a dominant role in our lives? How can we deal with conflicts between the various things that make us happy? Considers the ways in which major thinkers from antiquity to the modern day have...



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Reader's Opinions

A survey of philosophical attempts to grapple with the idea of happiness. I have enough familiarity with enough of the authors name-checked here to see that White does a fair job of articulating and summarizing views. In terms of style, this rubbed me the wrong way. The writing is extremely fussy. White corrects his thoughts mid-paragraph,...

Since I enjoy reading philosophy, I did enjoy the book. It was a review of ideas from many philosophers.