THE HOW OF HAPPINESS : A PRACTICAL GUIDE TO GETTING THE LIFE YOU WANT PDF, EPUB, EBOOK



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Sonja Lyubomirsky | 384 pages | 11 Feb 2010 | Little, Brown Book Group | 9780749952464 | English | London, United Kingdom

The How of Happiness

Now, there are scores of researchers and serious scientists investigating happiness at every level — from the experimental social psychology laboratory to the neuroscience bench to the field. What about your own most abiding sources of happiness? You talk about your children — what are some of the other aspects of life that have brought you the most happiness? Have you had any surprises on the road to happiness? Has your approach to happiness altered considerably with time? Freud suggested that lieben und arbeiten — to love and to work — are the secrets to well-

being, and that has certainly been true for me. My husband and my family.

My work. They have been the most powerful and most enduring sources of happiness for me. One way that my approach to studying happiness has altered in past years is that I changed from a focus on investigating why some people are happier than others — that is, comparing happy and unhappy people — to studying how and why we can increase happiness. What can they do to be happier? Conflicting points of view are common in the sciences and social sciences — markedly different schools of thought or conclusions on the same subject. Is this true in your discipline? If so, can you sketch in the opposing perspective and briefly state why you disagree? Have you met with significant resistance from colleagues as you have pursued your study of happiness? I have not met with significant resistance from colleagues.

In my mind, the biggest tension in my specific field is between its applied or practical and basic science branches. That is, at what point do we as scientists feel comfortable taking our findings from our basic laboratory and field studies — for instance, from double-blind placebo-controlled studies that my colleagues and I have done examining how practicing particular strategies can make people happier over time — and applying them to the wider public. As one example, a few years ago I was approached by a representative of the Compton School District about conducting a major happiness intervention in their elementary and middle schools. Today, I think we are closer to being ready to do this. However, if researchers always waited until they knew everything there is to know about a topic before disseminating their findings to the public, then a great deal of discoveries and innovation would be lost to the world.

For readers who want to delve more deeply into this subject or pursue it more technically, what books would you recommend? Which ones would you steer them away from? In psychology, like in most scientific fields, the vast majority of new discoveries are published in scholarly journals rather than in books. So I would urge highly motivated and interested readers to look up my footnotes. This syllabus is intended for teachers and instructors of courses on the subject of happiness, as well as for reading groups and individuals who simply want to learn more. The section on forgiveness was especially powerful and eye-opening. You mention that forgiving can be the hardest strategy to carry out — why should this be so? Is forgiveness also one of the most direct paths to happiness? In the context of forgiveness, could you expand a bit on how you feel about the story of Amy Biehl and her parents? The reason, I think, is that this exercise requires overcoming strong negative emotions, as well as the motivation to forgive.

Many people do not believe that certain individuals or acts should be forgiven, and they may be wise not to choose this strategy. Forgiving is very possible, however, but it may require a great deal more effort and time than some of the other happiness activities. The story of Amy Biehl, and her parents, has always been powerful and memorable for me, as she was a student at Stanford at the same time that I was, and news of her death hit some people that I knew very, very hard. I definitely see her parents as role models we may try to aspire to, not to emulate.

You mention your Russian roots. Do you think there is a significant difference in the styles of happiness and how happiness manifests itself in the US and Russia? To step back even further, to what extent do you think happiness is universal — to what extent socially or culturally determined? Would this book look very different if written for a Russian, Chinese or South American audience? My family emigrated from Russia to the United States when I was 9 years old, and one of my earliest memories is observing people strolling down the street in Boston looking cheerful, smiling, and saying hello as we passed by. It occurred to me that Americans must be happier than Russians, who appear pretty dour-faced and sullen walking about. Indeed, one of the most striking cultural differences immediately evident to first-time visitors to a new country is in the ways that the locals express or fail to express happiness.

Whereas Russians may appear melancholy relative to Americans in public, the difference seems to reverse when one observes a raucous dinner party inside a Moscow home. Some 20 years later, I decided to study the question of cultural differences myself by traveling to Russia and doing research there. I found that, as I suspected, due to cultural norms rooted in their history and religion, Russians did report being significantly less happy than Americans. However, the difference only held for the older generation. The young people — those of the worldwide media and internet generation — were very similar in their beliefs and pursuit of happiness to their U. The bottom line is that I believe that the desire for happiness is universal. Members of different cultural groups may define happiness in different ways i. They may express happiness in different ways — through throwing themselves energetically into a lifelong goal, through smiling and laughter, or through quiet contemplation.

And they may pursue happiness in different ways — for example, by trying to appreciate what they have or by devoting themselves to family life or by working to attain closeness to God. But, in the end, they all seek happiness in their own way. In every nation probed by survey researchers, respondents have placed happiness at the top of their most significant life goals. And even during the relatively rare instances in which some individuals profess not to desire happiness for themselves, almost all concede that they wish their children to be happy. In short, although the ways that happiness is defined, understood, coveted, expressed, shared, and pursued may slightly differ in different nations, the yearning for a flourishing, happy life and many of the ingredients for such a life appear to be universal.

As a bicultural and bilingual person — and a close observer of cultural difference in general — I am persuaded that every reader of every stripe can find something befitting and becoming among the dozen happiness-enhancing activities that I describe within my book. How did you find these stories? Which stories speak most eloquently to you and why? Some of the findings you describe are surprising, even unsettling — for example, that the happiness boost of marriage lasts only about 2 years. Have you gotten negative reactions from audiences, colleagues, students, even friends and family for these? How do you deal with criticism, attack? People are indeed often surprised — sometimes astonished — at some of the findings, but they almost never react negatively. The few unfriendly reactions I have received are from people who maintain that the research is worthless because everything my colleagues and I have found has already been described in the bible. My answer has always been that all of us are bombarded with numerous prescriptions for happiness — not just from religious teachings, but from our grandmothers, uncles, blogs, and television shows.

Some of the advice is questionable and some is even contradictory. For these reasons, it is very important to establish that how-to-be-happy recommendations are supported by solid empirical results. Because scientific research holds multiple advantages over anecdotal or clinical observations. By applying the scientific method, researchers have the ability to disentangle cause and effect and to study a phenomenon

systematically, without biases or preconceptions.

Which happiness activities work best for you? Do you have any personal anecdotes about finding and using the activities you describe here? So, I started telling my husband, Pete, what a great strategy this is and how well it works. Just when I finished talking, my daughter, who was then 7, walked in and her hair was completely and utterly entangled with gum. I just lost it! That was so foolish! And Pete just started laughing.

Will this matter in a year? Another surprising revelation of the book is that trauma or stress can actually enhance the quality of life. Do you care to share any personal situations in which you have benefited from adversity? This recognition has helped me tremendously when the next stress or challenge comes along. I have also been able to use past ordeals as a contrast with a happier present e. Your section on religion and happiness is powerful and persuasive.

And yet you are careful to point out elsewhere in the book that your findings are grounded in scientific rationalism. Do you have any problem in reconciling religion and science, either personally or professionally? Could you delve more deeply into what has shaped your thinking in this area? Religion is a tough subject for a scientist to wrap her head around because many people believe that religion and science do not mix — that faith and spirituality belong on one level of analysis or category of experience, and that science is on an entirely different level or category.

The approach I take in the book, however, is not to empirically establish the validity of religious beliefs, but to consider whether being spiritual or religious is associated with positive outcomes, like happiness and health. This is fascinating coming from someone who has studied and written about this subject in such depth and detail. Tell us more about where your reluctance comes from.

Is it a matter of shyness, desire to maintain scientific objectivity, busyness, or something else? Have you continued doing the exercises and following your own advice as you advise readers to do? If so, how has your life continued to change? I even resisted for a long time doing research on how happiness can be increased, for fear that it would be too practical or applied. But after thinking about it for a couple years, I realized that the question of how and why people can become happier is a fascinating basic scientific question in itself. I also came to see that the supposed hokey strategies can be tested systematically in the laboratory for their efficacy. Hearing from people who have experienced the power of the strategies has also probably changed my perspective. I still am not a fan of inspirational quotes or most self-help books, but I do try to swallow my own medicine and practice a few of the strategies in my daily life.

Start earning points for buying books! She lives in Santa Monica with her family. You can unsubscribe at any time. Home Books Psychology Psychology: emotions Coping with personal, social and health topics Self-help, personal development and practical advice Popular psychology Mind, body, spirit. By Author Sonja Lyubomirsky. Add to basket Wishlist This. Based on scientific research and trials, this book charts new territory in popular psychology.

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The How of Happiness by Sonja Lyubomirsky: | : Books

Using more than a dozen uniquely formulated happiness-increasing strategies, The How of Happiness offers a new and potentially life- changing way to understand our innate potential for joy and happiness as well as our ability to sustain it in our lives. Beginning with a short diagnostic quiz that helps readers to first quantify and then to understand what she describes as their "happiness set point," Lyubomirsky reveals that this set point determines just 50 percent of happiness while a mere 10 percent can be attributed to differences in life circumstances or situations. This leaves a startling, and startlingly underdeveloped, 40 percent of our capacity for happiness within our power to change.

Lyubomirsky's "happiness strategies" introduce readers to the concept of intentional activities, mindful actions that they can use to achieve a happier life. These include exercises in practicing optimism when imagining the future, instruction in how best to savor life's pleasures in the here and now, and a thoroughgoing explanation of the importance of staying active to being happy. The How of Happiness is a comprehensive guide to understanding the elemetns of happiness based on years of groundbreaking scientific research.

It is also a practical, empowering, and easy-to-follow workbook, incorporating happiness strategies, excercises in new ways of thinking, and quizzes for understanding our individuality, all in an effort to help us realize our innate potential for joy and ways to sustain it in our lives. Drawing upon years of pioneering research with thousands of men and women, The How of Happiness is both a powerful contribution to the field of positive psychology and a gift to people who have sought to take their happiness into their own hands. Was andere dazu sagen - Rezension schreiben Bewertungen von Nutzern 5 Sterne. She received her B. Lyubomirsky and her research have been the recipients of many honors, including the Templeton Positive Psychology Prize and a multiyear grant from the National Institute of Mental Health.

She lives in Santa Monica, California, with her family. Bibliografische Informationen.

The How of Happiness: A New Approach to Getting the Life You Want a book by Sonja Lyubomirsky

Citing scientific research, the author clarifies that while genes have a strong influence as much as fifty percent on our happiness temperament, life events make little impact because humans tend adapt quickly and remarkably well to hedonic sensory or physiological changes. The author shares a self-diagnostic test that she has developed to help one ascertain what happiness activities would best suit.

Part II of the book is a treasure house of happiness activities that would be a delight to both professionals and individuals interested in self-help alike. The rich platter of various happiness activities is sure to have at least one for each reader. I found several of these activities relevant and valuable for me. While it is easy to argue why and how forgiveness helps, it is hard to practice forgiveness.

The author gives practical and effective ways to practice forgiveness. Combined with the person—activity fit test, are the clustering of various activities, detailing of strategies pertaining each, discussion about timing and variation, and the scientific way to turn happiness-inducing behaviours into lasting habits. Appendix 1 offers a quick reckoner of the various mutually supportive happiness-enhancing strategies. The author explains profound concepts in simple, jargon-free and easy-to-relate-to language. She cites extensive research, offers practical advice and shares several moving stories. Sometimes endings hide meaningful beginnings. I am filled with respect for the author for her courageous choice of giving space to the very urgent and timely topic of depression in her happiness book. Whereas Russians may appear melancholy relative to Americans in public, the difference seems to reverse when one observes a raucous dinner party inside a Moscow home.

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Hearing from people who have experienced the power of the strategies has also probably changed my perspective. I still am not a fan of inspirational quotes or most self-help books, but I do try to swallow my own medicine and practice a few of the strategies in my daily life. Start earning points for buying books! Discover the Must-Read Books of Add to Bookshelf. Dec 30, ISBN Add to Cart. Buy from Other Retailers:. Dec 27, ISBN Audiobook Download. Paperback —. About The How of Happiness You can change your personal capacity for happiness. Also by Sonja Lyubomirsky. Meine Mediathek Hilfe Erweiterte Buchsuche. Weiter zu Google Play ».

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Guy Winch, Ph. Marianne Williamson. Reasons to Stay Alive. Radical Acceptance. The Child in You. Stefanie Stahl. Emotional Intelligence. Daniel Goleman. A Liberated Mind. Steven C. Hayes, PhD. Related Articles. Based on scientific research and trials, this is a groundbreaking book that offers a practical plan to enable readers to achieve a more positive outlook at home, at work and in their personal life.

It will also be of enormous benefit to the hundreds of thousands of people who suffer from depression in the UK as it provides the tools to feel better about life. For the last eighteen years, University of CaliforniaaRiverside professor of psychology Sonja Lyubomirsky has studied this question, and what she reports might even sway pessimists. Taking some pages out of the positive psychology playbook, she coaches readers on how to snag it. For the last eighteen years, University of California-Riverside professor of psychology Sonja Lyubomirsky has studied this question, and what she reports might even sway pessimists. Sonja Lyubomirsky is Professor of Psychology at the University of California - one of the youngest people to attain the rank of full Professor in the University's history. An accredited sensitivity trainer and certified AI practitioner, she has developed a number of coaching and OD models. As well as extensive editing experience, including the February and November issues of AIP, Neena has authored two books and numerous articles.

If not, let me tell you that you can expect over nine hundred million results. Let me tell you that you can expect over fifty thousand results. Searching for a research-grounded, practice-oriented book on the subject, I found several with an overly simplistic and rosy-eyed approach, but very few with substance. It is not often that I begin reading a book at the end. The author insists that happiness is not an object out there to be found through a passive pursuit. It is rather an active life-process that we undertake to create and sustain happiness through conscious choice and intentional effort. She emphasizes that while life challenges do stress happy people as much as anyone else, their innate sense of wellbeing helps them cope and work through challenges with poise and strength.

Many readers may not need an elaboration as to why it is important to be happy. But I guess some may be curious to know how happy they are. At first glance, this scale appeared simplistic. But as I read, I realized that each of the four simply worded statements is actually an invitation for authentic self-inquiry.

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