



Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment

Tal Ben-Shahar

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Can You Learn to Be Happy?

YES . . . according to the teacher of Harvard University's most popular and life-changing course. One out of every five Harvard students has lined up to hear Tal Ben-Shahar's insightful and inspiring lectures on that ever-elusive state: HAPPINESS.

HOW?

Grounded in the revolutionary "positive psychology" movement, Ben-Shahar ingeniously combines scientific studies, scholarly research, self-help advice, and spiritual enlightenment. He weaves them together into a set of principles that you can apply to your daily life. Once you open your heart and mind to Happier's thoughts, you will feel more fulfilled, more connected . . . and, yes, HAPPIER.

"Dr. Ben-Shahar, one of the most popular teachers in Harvard's recent history, has written a personal, informed, and highly enjoyable primer on how to become happier. It would be wise to take his advice."

--Ellen J. Langer, author of *Mindfulness* and *On Becoming an Artist*

"This fine book shimmers with a rare brand of good sense that is imbedded in scientific knowledge about how to increase happiness. It is easy to see how this is the backbone of the most popular course at Harvard today."

--Martin E. P. Seligman, author of *Authentic Happiness*

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