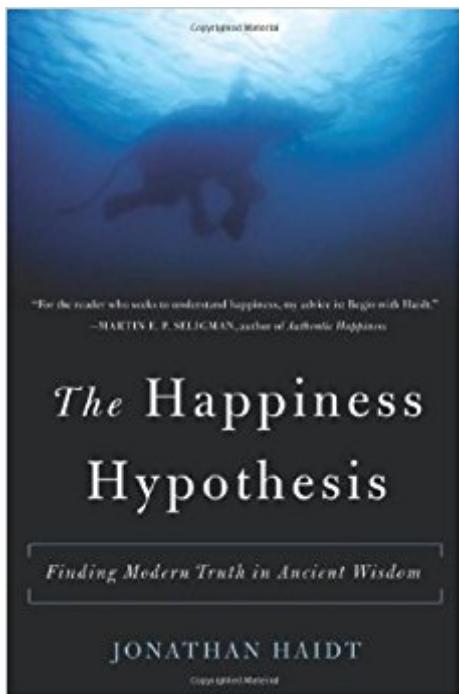


The book was found

# The Happiness Hypothesis: Finding Modern Truth In Ancient Wisdom



## **Synopsis**

In his widely praised book, award-winning psychologist Jonathan Haidt examines the worldâ™s philosophical wisdom through the lens of psychological science, showing how a deeper understanding of enduring maxims-like Do unto others as you would have others do unto you, or What doesnâ™t kill you makes you stronger-can enrich and even transform our lives.

## **Book Information**

Paperback: 320 pages

Publisher: Basic Books; 1 edition (December 1, 2006)

Language: English

ISBN-10: 0465028020

ISBN-13: 978-0465028023

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ (428 customer reviews)

Best Sellers Rank: #3,388 in Books (See Top 100 in Books) #10 inÂ Books > Politics & Social Sciences > Philosophy > Consciousness & Thought #546 inÂ Books > Self-Help #600 inÂ Books > Health, Fitness & Dieting

## **Customer Reviews**

I saw Chris Anderson (Wired Editor and TED co-founder) asked by Charlie Rose to name his favorite book of the last few years. "The Happiness Hypothesis" was the immediate response. Now this book is one of my favorites, too. The Happiness Hypothesis compares traditional philosophical traditions with the latest scientific discoveries, and the two ends meet well in the center. The author's own experiences provide narrative glue. A major finding is that happiness is a set point for us, and that after good times and bad, we tend to return to our general level of happiness. At the same time, we can do things that help or hurt our happiness, and we can understand better how our minds and emotions work. Factors that decrease happiness include persistent noise, lack of control, shame, dysfunctional relationships, and long commutes. Strong marriages, physical touch, meaningful relationships and religious affiliation tend to improve happiness. Activities with others enhance our happiness; status objects tend to separate us from others. In terms of parenting, Haidt finds that secure children are well supported by parents who are nearby, providing safety and security. Avoidant children are neglected by their parents. And resistant children have parents who alternate between support and neglect. Haidt also shows how moral relativism is not good for

children. I was also fascinated by Haidt's observation that modernity and commercial culture slowly replaced the ideal of character with the idea personality, leading to a focus on individual preferences and personal fulfillment. This movement reached a height during the "values clarification" movement of the 1960s which taught no morality at all.

Jonathan Haidt has written a brilliant exploration of modern and ancient ideas about happiness and the inner workings of the human behaviors that affect it. This book reads like a great conversation with the reader. From the beginning he employs the right balance of simple explanation - such as the central metaphor of the 'Rider and Elephant' (the conscious and autonomous aspects of your mind, respectively) - and deep, nuanced examinations of the ancient ideas and what the light of modern research shows about them. The chapters are structured to first present a couple of quotes that encapsulate an ancient idea, such as "The Golden Rule" (do unto others...). He explains the ideas, gives some of the ancient context in which they developed (sometimes at very interesting length) and then starts to weave in the nuance and finer detail that modern study has brought to these ideas. He usually frames things in the context of their effect on happiness and other continuums of human state of being (such as spiritual elevation). Haidt is pretty balanced even when he has to point out problems that some of the ancient ideas have. There's never a sense that 'science is right' and 'the ancients were wrong' in an absolute way. Often he does quite the opposite, he points out what ancient intuition did get right compared to the very unbalanced thinking behind some of the past popular movements within his profession, such as Behaviorism. Also, Haidt is laugh-out-loud funny a couple of times in the book!

[Download to continue reading...](#)

The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom Alexander: The Great Leader and Hero of Macedonia and Ancient Greece (European History, Ancient History, Ancient Rome, Ancient Greece, Egyptian History, Roman Empire, Roman History) Beyond the Essene Hypothesis: The Parting of the Ways between Qumran and Enochic Judaism God - the Failed Hypothesis: How Science Shows That God Does Not Exist The Innovator's Hypothesis: How Cheap Experiments Are Worth More than Good Ideas (MIT Press) The Creation Hypothesis: Scientific Evidence for an Intelligent Designer The Lincoln Hypothesis The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace The Art of Happiness in a Troubled World (Art of Happiness Book) The Pursuit of Happiness: Ten Ways to Increase Your Happiness (Paul G. Brodsky Seminar Series Book 3) El Poder de la alegría - The power of real Happiness: Pequeños detalles que nos cambian la vida - Happiness Factory (LAS CLAVES PARA TENER

Ãfâ XITO EN LA VIDA) (Spanish Edition) The Gnosis or Ancient Wisdom in the Christian Scriptures: Or the Wisdom in a Mystery Prophets and Prophecy in the Ancient Near East (Writings from the Ancient World) (Writings from the Ancient World) Prophets Male and Female: Gender and Prophecy in the Hebrew Bible, the Eastern Mediterranean, and the Ancient Near East (Ancient Israel and Its ... Literature Ancient Israel and Its Litera) The Way of Serenity: Finding Peace and Happiness in the Serenity Prayer Mother Teresa's Prescription: Finding Happiness And Peace in Service Beyond Me, My Selfie, and I: Finding Real Happiness in a Self-Absorbed World Catastrophic Happiness: Finding Joy in Childhood's Messy Years Daring to Be Ourselves:Influential Women Share Insights on Courage, Happiness, and Finding Your Own Voice The Happiness of Pursuit: Finding the Quest That Will Bring Purpose to Your Life

[Dmca](#)