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Being: Your Happiness, Pleasure and Contentment, 2nd edition

Don Lucas Ph.D

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Who are the happiest people in the world? Easy answer: children. You were once one of the happiest people in the world. So, what happened? One thing that happened was the development of your adult intuition. Our adult intuition is not the greatest when it comes to making ourselves happy, while our intuitions as children actually bred happiness - true happiness. Can we get this true happiness back? We sure can: If we forget about our adult intuitions for a moment and remember our child intuitions. Using the science of Positive Psychology, Being takes you on a journey to rediscover your true happiness. This journey makes expected stops that yield happiness at love, leisure, money, health, playing, and friendships - and unexpected stops that impede happiness at addiction, obesity, alcholism, prejudice, depression, divorce, and suicide. The journey ends in a discovery for you to measure, cultivate, and maintain your own true happiness. True happiness is relative to different parts of your life, and combines happiness with the emotions of pleasure and contentment.

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