



The How of Happiness: A Practical Guide to Getting The Life You Want

Sonja Lyubomirsky

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The key tenet of THE HOW OF HAPPINESS is that every human being has a happiness 'set point' which, depending on how high or low it is, can determine how positive or negative they feel. This book offers a practical approach to help readers increase their set point, and find a level of happiness above that which they would normally feel, and feel more satisfaction in life. 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.

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