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A very interesting summary. Happiness, as most things in life, requires a process and not a magic trick, This Summary engage and encourage yourself to search within yourself what you need to be happy. It's not a Houdini scene, it's just a matter of wishing, trying and be totally convinced that happiness it's in the front of your mirror.

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Basic theory: We have a genetic happiness set point that accounts for 50% of our happiness, 10% of our happiness comes from our life's circumstances, like where we live, what car we drive, how much money we make, etc. And the remaining 40% rests in how we choose to be happy everyday (i.e. our daily activities). The book focuses on refining that 40%. All based on empirical evidence. A must read.

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The How of Happiness

The How of Happiness is a different kind of happiness book, one that offers a comprehensive guide to understanding what happiness is, and isn t, and what can be done to bring us all closer to the happy life we envision for ourselves.

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