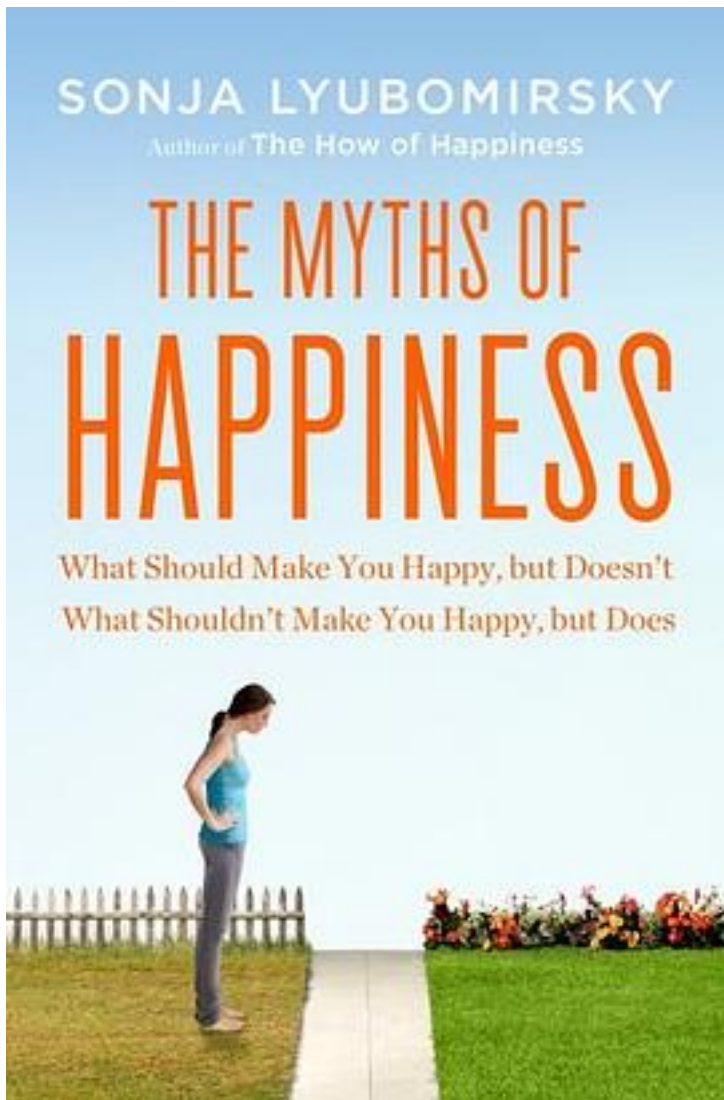


The Myths of Happiness



[The Myths of Happiness_ 下载链接1](#)

著者:Sonja Lyubomirsky

出版者:Penguin Press

出版时间:2013-1-3

装帧:Hardcover

isbn:9781594204371

Happiness expert Sonja Lyubomirsky's research-based lessons in how to find opportunity in life's thorniest moments

In *The Myths of Happiness*, Sonja Lyubomirsky isolates the major turning points of adult life, looking to both achievements (marriage, children, professional satisfaction, wealth) and failures (singlehood, divorce, financial ruin, illness) to reveal that our misconceptions about the impact of such events is perhaps the greatest threat to our long-term well-being.

Lyubomirsky argues that we have been given false promises—myths that assure us that lifelong happiness will be attained once we hit the culturally confirmed markers of adult success. This restricted view of happiness works to discourage us from recognizing the upside of any negative life turn and blocks us from recognizing our own growth potential. Our outsized expectations transform natural rites of passage into emotional land mines and steer us to make toxic decisions, as *The Myths of Happiness* reveals.

Because we expect the best (or the worst) from life's turning points, we shortsightedly place too much weight on our initial emotional responses. *The Myths of Happiness* empowers readers to look beyond their first response, sharing scientific evidence that often it is our mindset—not our circumstances—that matters. Central to these findings is the notion of hedonic adaptation, the fact that people are far more adaptable than they think. Even after a major life change—good or bad—we tend to return to our initial happiness level, forgetting what once made us elated or why we felt that life was so unbearable. *The Myths of Happiness* offers the perspective we need to make wiser choices, sharing how to slow the effects of this adaptation after a positive turn and find the way forward in a time of darkness.

In *The Myths of Happiness*, Sonja Lyubomirsky turns an empirical eye to the biggest, messiest moments, providing readers with the clear-eyed vision they need to build the healthiest, most satisfying life. A corrective course on happiness and a call to regard life's twists and turns with a more open mind, *The Myths of Happiness* shares practical lessons with life-changing potential.

作者介绍:

丈量幸福的梦想家

索尼娅·柳博米尔斯基

Sonja Lyubomirsky

美国加州大学河滨分校心理学教授。她先后就读于两大世界顶级名校哈佛大学和斯坦福大学，师从著名社会心理学家、冲突和谈判领域顶级专家李·罗斯。

积极心理学领域最具值得关注的心理学家。柳博米尔斯基关于幸福的研究成果丰硕，荣膺2002年度坦普顿（Templeton）积极心理学大奖，获得美国国家心理健康研究所特别资助。

最受大众媒体欢迎的心理学者。柳博米尔斯基关于幸福的研究结论常成为大众媒体热议

话题，《奥普拉脱口秀》、《纽约时报》、《时代周刊》、《华尔街日报》、《悦己》、《时尚》、《大观》、《商业周刊》、《卫报》、《波士顿环球报》、《经济学人》、《人物》、《新科学家》、《福布斯》等国际主流媒体争相报道。

目录:

[The Myths of Happiness_下载链接1](#)

标签

积极心理学

文艺

幸福

kara

happiness

Psychology

评论

highly recommended

[The Myths of Happiness_下载链接1](#)

书评

摘录：

大量研究清楚地表明，大多数人信奉的幸福神话是错误的。当你的注意力只集中在令人痛苦或令人不满意的事情上时，更宏观的视角会对你有所帮助。当你被某些现实和想法压垮或执着于此时，应该将注意力转移到其他事情上 婚姻：结婚就会幸福 一项著名研究发现，尽管结婚能大幅...

上周读了《幸福的神话》一书，这本书是积极心理学领域顶尖科学家写的科研成果，算是比较可信。书中讲述了大多数人认为的与幸福有关的十个场景，每个场景对应着人们对此场景持有的本能反应和观点，但是这本书却通过科学的结论告诉你，这些本能的观点（即幸福的神话）是不可信甚...

大量研究清楚的表明，大多数人信奉的幸福神话是错误的。而我们的错误预期和错误观念不仅将可预见的生活变迁变成全面的危机，而且更糟糕的是，它们会引导我们做出糟糕的决定，损害我们的身心健康。基于这样一个立足点，作者在书中列举10个有关幸福的10个误解。读完此书， ...

在谈到一段浪漫的关系中身体接触的重要性时，我们很可能会想到性，但这种自动联系是不恰当的，因为身体接触具有更加广泛而重要的意义及影响。轻轻拍一下背、按一下手、来一个拥抱、搂住肩膀，这些举动通常一闪而过，有时几乎令人难以觉察，但这并不意味着它们不重要。专家认为...

[The Myths of Happiness_ 下载链接1](#)