

The Pursuit of Happiness



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著者:David G. Myers

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Social psychologist David G. Myers has reviewed thousands of recent scientific studies conducted worldwide in search of the key to happiness. With wit and wisdom, he explodes some of the popular myths on the subject and presents specific techniques for finding true joy in living: Are most people happy? What are the inner traits of happy people? Are extroverts happier than introverts? Are men happier than women? Does religious faith promote inner peace and joy? Does well-being come with being well-off? Are happy children more likely to become happy adults? What part do friends play in personal happiness? Is age a factor in feeling happy? What can you do to improve your own sense of well-being?

and much more

作者介绍:

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标签

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Myers

积极心理学

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评论

good

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书评

翔实的故事情节，本当其是小说，事实上却是自传。以励志来称赞本书完全是bullshit! 作者非常渴望学习——这不是励志——这是他的本能，是他的习惯。在生命的艰难时候 “damn want success”，这是人之常情，不是奋发。如果我们要从这本书里学习一些教训的话，那会是：坚持学习； ...

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