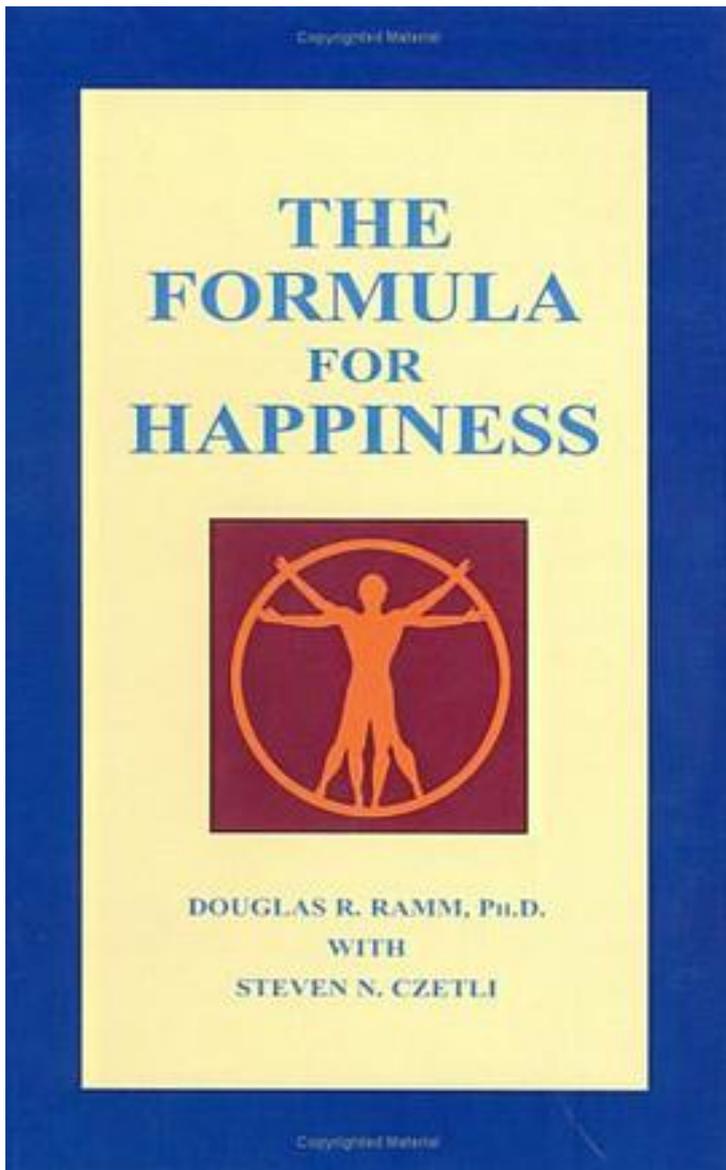


The Formula For Happiness



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The Formula for Happiness is a self-help book which popularizes cutting-edge discoveries made by a board certified clinical psychologist about the nature of happiness and the behaviors and beliefs which enable people to become and remain happy. His groundbreaking way of understanding life and how to live has attracted worldwide attention since it was originally introduced to the scientific community in New Ideas in Psychology: an international journal of innovative theory in psychology in 1996. This is a peer reviewed journal produced by the world's largest publisher of original scientific work and overseen by an editorial board consisting of faculty from departments of psychology in several of the world's leading universities. The Formula for Happiness presents this paradigm for the pursuit of happiness in a format which is entertaining and easily understood. It familiarizes readers with what they need to become and remain happy and how to proceed with their personal pursuit of happiness. Readers are provided with an objective means of measuring current levels of happiness as well as methods for increasing happiness and forecasting the effect potential courses of action are likely to have on their happiness at some future point in time. The Formula for Happiness is the product of an innovative approach to the study of happiness which incorporates and surpasses research currently going on in the field of positive psychology in a number of important ways. It is based on generalizations emerging from the review of massive amounts of positive psychology research integrated with insights into the nature of happiness emerging from the fields of clinical and developmental psychology. It provides a comprehensive and coherent set of propositions about the nature of happiness which is different from anything available elsewhere in scientific and self-help literature today. The Formula for Happiness is the first solidly scientifically-based self-help b

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