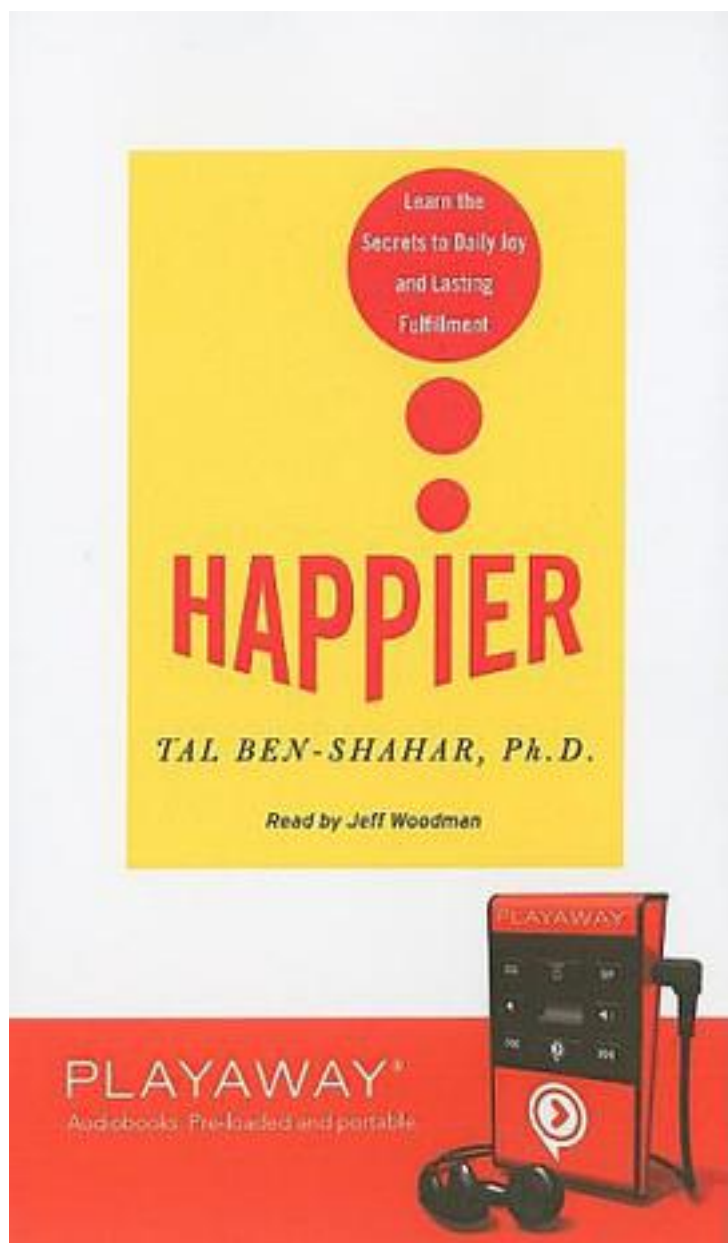


# Happier



[Happier\\_下载链接1](#)

著者:Ben-Shahar, Tal

出版者:

出版时间:

装帧:

isbn:9781598875126

Can we really learn to be happy? Yes, we can. Each semester, nearly 1,400 students sign up for Harvard professor Tal Ben-Shahar's life-changing class, "How to Get Happy." Currently it's the hottest course at Harvard, taken by 20 percent of its graduates. In "Happier," Professor Ben-Shahar brings the ideas of the Ivory Tower to Main Street, distilling the lessons and exercises from his course into a slim volume of practical wisdom. Grounded in the Positive Psychology movement, based on years of researching the works of scientists, academics, and philosophers, "Happier" emphasizes the importance of pursuing a life of both pleasure and meaning.

作者介绍:

目录:

[Happier\\_下载链接1\\_](#)

标签

评论

-----  
[Happier\\_下载链接1\\_](#)

书评

-----  
[Happier\\_下载链接1\\_](#)