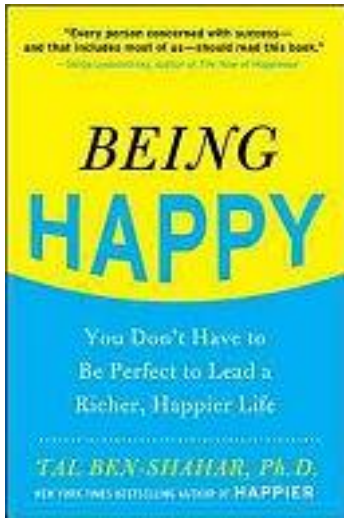


# Being Happy



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著者: Tal Ben-Shahar

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A brilliant guide to living a happier life (even if it's not so perfect) Bestselling author Tal Ben-Shahar has done it again. In *Being Happy* (originally published in hardcover as *The Pursuit of Perfect*, 978-0-07160882-4), he gives you not only the theory but also the tools to help you learn how to accept life as it actually is instead of what you think it should be. By using the science of positive psychology along with acceptance, Ben-Shahar shows you how to escape the rat race and begin living a life of serenity, happiness, and fulfillment. With the same technique that made *Happier* such a great success, *Being Happy* shows you how to let go of unrealistic expectations and truly accept your emotions for a more serene life. Praise for Ben-Shahar: "[Tal Ben-Shahar has] a rare brand of good sense that is embedded in scientific knowledge about how to increase happiness." -- Martin E. P. Seligman, author of *Authentic Happiness* "Ben-Shahar teaches that happiness isn't as elusive as people think." -- Publishers Weekly "One of the most popular teachers in Harvard's recent history." -- Ellen J. Langer, author of *Mindfulness* and *On Becoming an Artist* Tal

Ben-Shahar is the New York Times bestselling author of *Happier*. He consults and lectures around the world to executives in multinational corporations, the general public, and at-risk populations. For more information, visit [www.talbenshahar.com](http://www.talbenshahar.com)

作者介绍:

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## 标签

心理学

积极心理学

哈佛幸福课

Tal Ben-Shahar

英文

详读

修身

Tal

## 评论

心灵鸡汤做出了专业水准，就叫积极心理学。但是封面荐语跟国内畅销书一样煞笔，快乐就是快乐本身，跟成功有半毛钱关系。其实不论心灵鸡汤的段数如何，要好好活着必须学会做的一件事就是跟自己和解。

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In the depth of winter, I finally learned that there was within me an invincible summer.

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书评

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