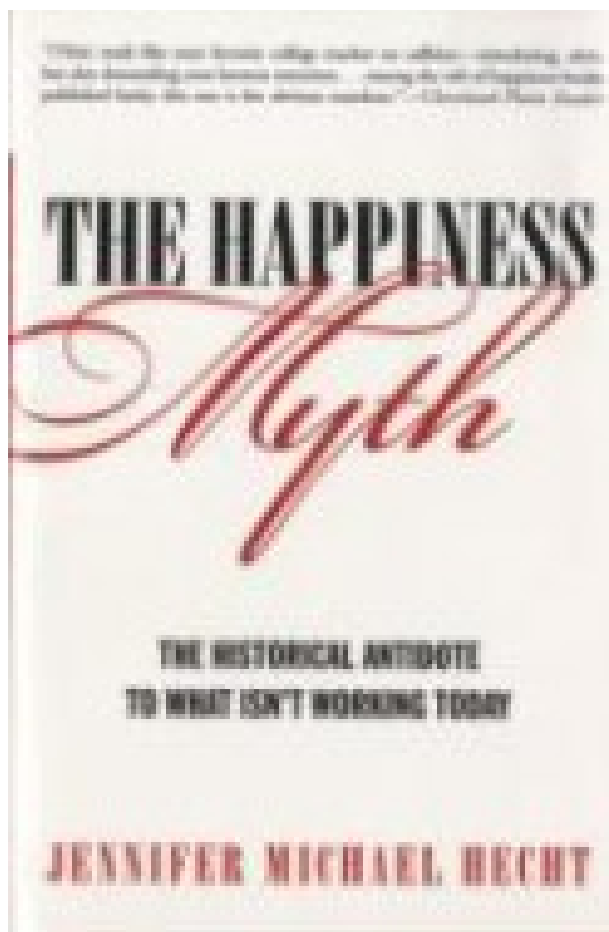


The Happiness Myth



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[The Happiness Myth.pdf](#)

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Historian Jennifer Michael Hecht looks at contemporary happiness advice, explains why much of it doesn't work, and why it drives us crazy and makes us miserable. Using a social/pop-culture look at the world, she begins her inquiry through the lens of today's most oft perused paths towards attaining happiness - money, mood-managing drugs, knowledge, celebration, and bodies - and then reveals unsuspected insights about how these approaches have fared throughout history. With a new-found historical perspective, Hecht liberates us from the scolding, quasi-scientific messages that insist there's only one way to care for our minds and bodies.

Rich with anecdotes about both failed and successful paths to happiness, Hecht traces a common thread of advice she calls 'our charm wisdom' that we can still apply today to create authentic, lasting happiness.

Alt du trenger å vite om festivaler – året rundt. Hjem; Norske festivaler; Utenlandske festivaler; Om tjenesten; Norske festivaler.

Her finner du en komplett.