

A few Highly Recommended Books on Happiness and Related Topics

Prochaska, 2019

Aristotle's Way: How Ancient Wisdom Can Change Your Life

By Edith Hall, Penguin. 2019

Aristotle is one of the first philosophers to provide wisdom on happiness, long before psychology was even a science. Here are a few nuggets from reviews: maximize happiness by engaging in mutually beneficial activities with others while relentlessly working to become the best version of yourself. Be ruthlessly honest. Live a virtuous life.

The Art of Happiness in a Troubled World

By His Holiness the Dalai Lama and Howard C. Cutler, MD Doubleday, 2009

This book is a long conversation between the two authors and the only book that includes ways to bring Happiness and peace into the larger social context of our world

Authentic Happiness: Using the new Positive Psychology to Realize Your Potential for Lasting Fulfillment

By Martin E. P Seligman Ph.D., originator of Positive Psychology ATRIA 2002

He teaches how to experience positive emotions; the unique feature is his explanation of our signature strengths and how we can identify them (he has exercises in the book) and then how to make your work into a calling by applying your signature strengths (virtues) in your life. On Page 190 he has a Close Relationships Questionnaire to take and ask your significant other to take it and you will get feedback if you take it on line. It will analyze both your signature strengths. All info is in the book. It's in the chapter on Love. He has a chapter on Raising Children.

The Book of Joy: Lasting Happiness in the Changing World

By His Holiness the Dalai Lama and Bishop Desmond Tutu with Douglas Abrams

Penguin Random House 2016

They explain the 4 qualities of mind for happiness and the 4 qualities of heart. And then Joy Practices

What is unique in this book is how they handle the obstacles to joy: stress, fear, anger, sadness, frustration, loneliness, envy, suffering and others.

Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom

By Rick Hanson, Ph.D. with Richard Mendius, M.D. New Harbinger Publ. 2009

The authors "Draw on the latest research to show how to stimulate and strengthen your brain for more fulfilling relationships, a deeper spiritual life, and greater sense of inner confidence and worth.

Digital Minimalism: On Living Better with Less Technology

By Cal Newport Portfolio Penguin (Random House) 2019

Newport says that social media and other digital devices and uses are not bad in themselves, but they have begun to take over people's time, attention, and mental focus. He offers many tips for reclaiming one's mental focus and quality time. Some tips are a digital Sabbath: no digital use for a day or several hours a week. Delete all apps except the most essential. Get rid of Facebook and other social media platforms. You will gradually be able to focus on deep reading, on personal conversations with others, and have time and quiet to ponder your own deep thoughts.

First Invite Love In: 40 Time-Tested Tools for Creating a More Compassionate Life

By Tana Pessa Boston: Wisdom Publications, 2010

This is a small book of guided meditations on all aspects of compassion. Very easy to use alone and/or with others. Some titles of the meditations are these: "Increasing Compassion in Daily Life: Imagining Strangers as Kind Mothers," and "Overcoming Anger and Bitterness with Compassion" and "Expanding the Heart to Have Compassion for People Who have Been Unfair or have Hurt You." Each meditation has a long form with detailed guided imagery and a short form.

Forgiveness is a Choice

By Robert D. Enright, Ph.D.

This is a fully developed book on the processes of forgiving another, being forgiven, and forgiving oneself. Enright is one of the major researchers on this topic. He includes journal reflection questions and many examples of people who have benefited from the steps explained in this book.

Happiness: A Guide to Developing Life's Most Important Skill

By Matthieu Ricard, translated by Jesse Browner London: Atlantic Books, 2006.

Martin Seligman, the researcher who started the happiness movement, says of this book, "In a brilliant synthesis of twenty-five centuries of the wisdom of Buddhism with the neuroscience and cognitive psychology of the twenty-first century, Matthieu Ricard, who embodies both traditions, gives humanity a gift it desperately needs now: a vision of a positive human future" (introductory pages). Ricard includes insights that other books on happiness do not cover: the ego, disturbing emotions such as desire, hatred, envy, and chapters on humility, ethics and happiness and happiness in the presence of death. It is a deeply spiritual and scientifically supported work.

The Happiness Effect: How Social Media is Driving a Generation to Appear Perfect at Any Cost

By Donna Freitas, Ph.D. Oxford University Press, 2017

Dr. Freitas has interviewed and surveyed hundreds of college students at several universities to find their social media use and its effects on their self-concept and feelings. The results are seriously bad. This book should be read by every parent and teacher of teens and young adults.

The How of Happiness: A New Approach to Getting the Life You Want

By Sonja Lyubomirsky, Ph.D. Penguin Books, 2007

Dr. Lyubomirsky is quoted by just about every other author I read. Her book is very readable and has a chapter on every one of our habits, with the scientific data to support it. Highly recommended.

How to Find your Mission in Life

By Richard Nelson Bolles Berkeley, CA: The Speed Press, 1991

This little book is an expanded version of the Appendix to Bolles's well-known What Color is Your Parachute, one of the best books for guidance in job and career change. It's spiritually based and very practical.

Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness

By Ingrid Fetell Lee New York: Little, Brown, Spark, 2018

Lee shows us that many things around us could make us joyful if notice. Her chapters include stories and research about energy, abundance, freedom, harmony, play, surprise, transcendence, magic,

celebration and renewal. Little sketches throughout help us picture her insights. She ends with a practical “Joyful Toolkit” to help you make her thoughts practice in your life. You can also download the toolkit from the “Resources” action of her website of AestheteicsofJoy.com. On this website you can subscribe to a weekly blog on one or another aspect of joyfulness.

Lee began her professional life as a dress designer. When one of her mentors told her that her clothing gave him joy, she was intrigued and began researching this emotion. Now she’s a full-time proponent of joy and beauty.

The Magic of Meditation: Stories and Practices to develop Gratitude and Empathy with your Child

By Marie-Christine Champeaux-Cunin and Dominique Butet Boulder CO: Shambala, 2018

The first 30 pages contain the explanation of meditation practice for adults, along with scientific research on the benefits of meditation. Then follow directions for guiding children from ages 3-7 into meditation, using stories, songs to download and a series of tales featuring Yupsi the Little Dragon. The focus is on helping children find calm as well as developing kindness and altruism. The foreword is by Matthieu Ricard.

Mindful Kids: 50 Mindfulness Activities

By Whitney Stewart Barefoot Books, Ltd, 2017

This is a boxed set of creative mindfulness games, visualizations and exercises in 5 categories. There is an 8-page instruction booklet that includes adaptations for children of all abilities. It can be purchased at Amazon and at www.abebooks.com for less than \$8 new.

The Myths of Happiness: What Should Make You Happy, but Doesn’t. What Shouldn’t Make you Happy, but Does.

By Sonja Lyubomirsky New York: Penguin Press, 2013

After writing *The How of Happiness*, Lyubomirsky goes into more detail and with evidence on the factors that most think ought to make them happy don’t: marrying the “right person,” having kids finding the right job, becoming rich, being diagnosed with a serious disease, never reaching one’s life goal (such as playing for a national sports team), and becoming old. This author notes that in many cases, people’s mindset determines their happiness or depression, not the circumstances of their lives. She draws on the research of positive psychology, which studies people who are happy despite the circumstances that should result in the opposite.

Outsmart your Smartphone: Conscious Tech Habits for Finding Happiness, Balance and Connection IRL

By Tchiki Davis, Ph.D. New Harbinger Publications, available in November, 2019

These comments are from Amazon reviewer. Note that all the points below are keys found in this book.

Outsmart Your Smartphone is not a book about the evils of technology—it's a road map for achieving happiness using all the tools available to you, including your phone. With this smart and irreverent guide, you'll find seven steps to help you use technology in ways that increase your well-being, and find tips and tricks for overcoming the obstacles that technology creates. You'll also learn to:

- Reconnect with your values, including kindness and gratitude
- Find your purpose in life—and then live it
- Use technology to do good things in the world
- Be fully present in each moment using mindfulness

The Sweet Spot: How to Find your Groove at Home and Work

By Christine Carter, Ph.D. New York: Ballantine Books, 2015

This author begins with many examples of modern stress at work and at home, with many personal stories to illustrate. The book is very practical with tips and practices in almost every page. She develops the nature and wisdom of habits, and even has a chapter entitled "Tolerate Some Discomfort." She has been the guest on many talk shows and blogs regularly for *Greater Good* and *Psychology Today*.

Twelve Steps to a Compassionate Life

By Karen Armstrong, one of the most highly respected religious scholars writing in English

Alfred K. Knopf, 2007

Armstrong won a TED grant to do something to improve the world. She came up with the idea to found the Charter for Compassion, since every world religion teaches the Golden Rule, "Do unto others what you want them to do to you." She has a website and tries to get little local chapters started so people encourage one another to practice compassion. The chapters here are short and very practical. It's one of my favorite books of all time.

Why Good things Happen to Good People: How to Live a Longer, Healthier, Happier Life by The Simple Act of Giving

By Stephen Post, Ph.D. and Jill Neimark Broadway Books, 2007

Post works at Cleveland Clinic. He shows the science behind the positive effects of celebration, gratitude, Forgiveness, courage, humor, respect, compassion, loyalty, listening and creativity. Lot of practical examples and surveys for your present level of

each virtue. This book has a scale at the end of each chapter by which you can see the level of your present practice.

Wired for Joy: A Revolutionary Method for Creating Happiness from Within

By Laurel Mellin, Ph.D. Hay House 2010

This book explains how the brain is wired emotionally. Mellin describes the 5 brain states, from joy to extreme stress, and how then tools to move your brain from a stressed mode to joy. It's very readable and practical and scientifically astute. It's the one book I'm buying for myself.