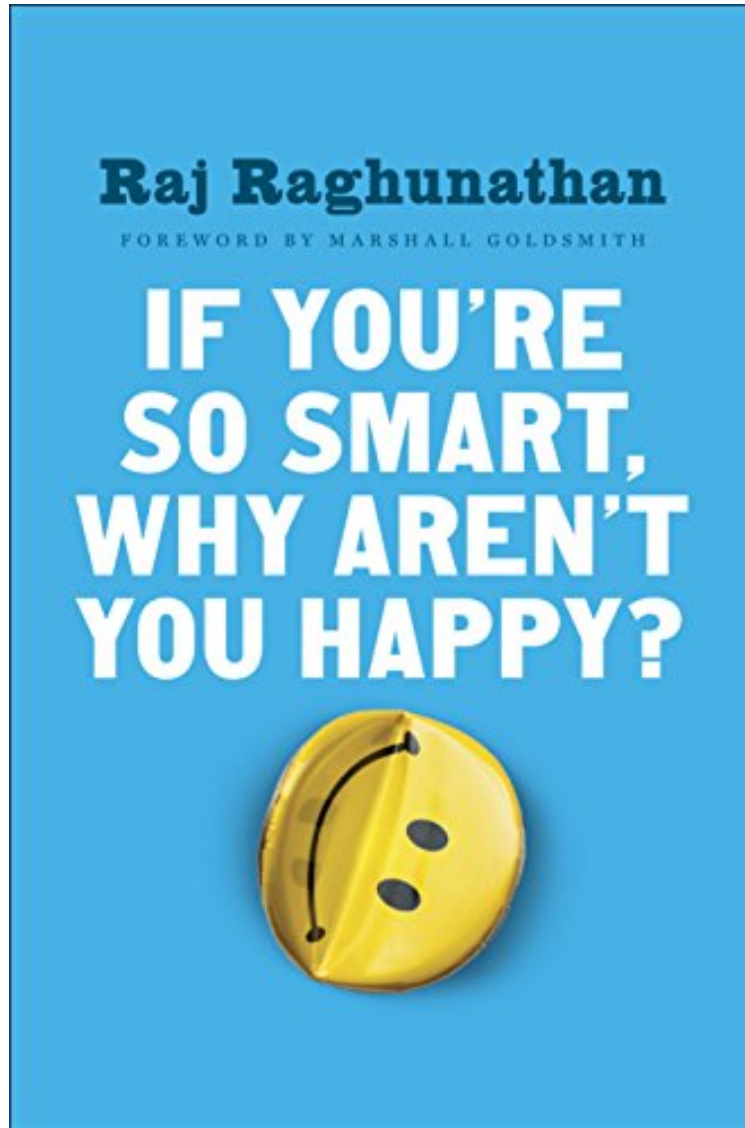


[Get free] If You're So Smart, Why Aren't You Happy?

If You're So Smart, Why Aren't You Happy?

Raj Raghunathan

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Raj Raghunathan : If You're So Smart, Why Aren't You Happy? before purchasing it in order to gage whether or not it would be worth my time, and all praised If You're So Smart, Why Aren't You Happy?:

46 of 48 people found the following review helpful. A Psychologist's Take On If You're So Smart, Why Aren't You Happy?By Carol AtwoodHow many of us have thought at one time or another that we don't have, and maybe can never obtain, what it takes to be happy? We aren't rich enough, good-looking enough, talented enough, or disciplined enough? Or, we plan to turn our attention to becoming happier "when we get time"? Or we, and also our parents, never seem to be really happy, and that's just something "in our genes" that we have to live with? Prof Raj, as he is called,

dispels these myths and more in his concise book. He does this in two ways: First, he maps out what is known about the science of happiness. Let me reassure you that this is an eye-opening and heartening journey in itself, but it's probably not why you are considering buying the book! Second, and most important, Prof Raj gives you the tools you need to become a happier person. I must admit I was really skeptical on this second point. I'm a psychologist and I've read (or used on clients) just about every technique in the psychological playbook. I can assure you that Prof Raj does not just rehash psychotherapeutic interventions, or worse, pop psychology suggestions, in this outstanding book. The roadmap he gives to becoming happier is his own, stemming from his research and experience, not just some warmed-over solutions. I'm sure the question on your mind is this: hey, if you're a psychologist already, did this book actually make YOU happier? The answer is yes, it did! Two caveats, though: Prof Raj gives a number of self-tests in the book so you can see exactly where you stand on the concepts he's discussing. It's necessary to actually take those self-tests yourself, not just go with a preconceived notion about yourself that might be wrong. And when Prof Raj discusses the exercises he recommends, don't just skip going and doing them on the website, thinking "I get this without doing the exercise," and turn to the next chapter. I can assure you that actually spending time completing the questionnaires and doing all the exercises is the key to becoming happier. It's all within your reach. One final comment: how many of us have finished a self-help book and promised ourselves we will stick with the new insights we learned, only to discover a month or two later that we are no longer practicing those great new mental habits we learned about? SPOILER ALERT: Prof Raj has a chapter at the end of the book where he guides you on how to make your new learning permanent, in just a few minutes of personal reflection each day. Having finished Prof Raj's program over nine months ago, I can tell you that I still follow his prescription of daily reminders and that has made all the difference. Happy learning!

15 of 16 people found the following review helpful. A Great Path To Happiness By AmyDA After completing Dr. Raj's Coursera course, "A Life of Happiness and Fullfillment" and becoming a much happier person, I was excited to see he had a book coming out so I could review what I had learned and read more in-depth of the areas I missed in my note taking during the course lectures. But whether you have taken the course or not, the book will guide you through the scientific and well-researched topic of happiness and how to achieve it in your own life. If you read a chapter a week to and then complete and practice the exercise at the end of each chapter, your life will change for the better, guaranteed. And if you truly want to be happy, it won't take that much time out of your week. Unlike other courses or workshops I have taken Dr. Rag doesn't walk out the door at the end and leave on your own. He has a reminder list you can subscribe to and sends inspiring clips and videos if you choose which are much needed daily reminders in our busy lives. And he does so free of charge spreading his abundance (part of happiness but I don't want to spoil the book). The book is laid out in an easy to follow progression describing each of the seven sins of happiness and then the antidote to each sin. Cheers to starting your Happiness journey.

5 of 5 people found the following review helpful. Practical Advice on Happiness By alex wagman What a joy to find such an impressive, intelligent and creative approach to the universal quest for happiness and well-being! This book is for all you people who are tired of all the fluffy, feel-good books and blogs on happiness, and are ready for some practical, science-based advice on improving your life. The book's emphasis is on the habits, sins, and exercises of happiness. I hope that the value of your personal happiness is worth more to you than the price of this book. I promise you won't regret the purchase.

The first book by the creator of COURSERA Reg's most popular online course in 2015, "A Life of Happiness and Fullfillment" Could the same traits that drive your career success also be keeping you from being happier? Fifteen years after getting his MBA, Raj Raghunathan spent some time with his old classmates. He noticed that though theirs' all done well, there didn't appear to be much correlation between their academic success and career success. What Raj found even more curious was the even smaller correlation between career success and what he calls life success. The greater the career success, the more unhappy, out of shape, harried and distracted his friends were. If intelligence helps with decision-making, smart people should naturally make better life choices. So why are so many of the smartest, brightest, most successful people profoundly unhappy? Raj set out to find an answer to this problem, and extensively researched happiness not just of students and business people, but also stay-at-home-parents, lawyers, and artists, among others. If Yours' So Smart, Why Aren't You Happy? takes readers on a fun and meaningful tour of the best research available on how some of the very determinants of success may also come to deflate happiness. Raghunathan explores the seven most common inclinations that successful people need to overcome, and the seven habits they should adopt instead. Among his surprising findings... The correlation between wealth and happiness is much smaller than you'd expect it to be Generosity is not only a key to happiness, but a determining factor of long term success Appreciating uncertainty, rather than seeking full control of outcomes, is necessary for happiness If Yours' So Smart, Why Aren't You Happy? will give you a powerful new perspective on your work, personal goals and relationships, whether yours' already successful or just starting out. From the Hardcover edition.

This book highlights how some of the very things that make us smart and successful can also undermine our happiness. It's a practical, engaging read on how to lead a fulfilling life. -Adam Grant, author of Give and

Take and Originals"Raj's book presents a clear perspective on what it takes to lead a life of happiness and fulfillment. What I like most about the book is that it proves, using rigorous science, something that I have long held: the recipe for a happy life is also one for a life of service and success. This is a book that everyone, and particularly the smart-and-successful, should read and assimilate."-John Mackey, co-CEO of Whole Foods Market

This book is a landmark contribution to the burgeoning literature on leading fuller, happier, more fulfilling lives. With a scholar's sensibility, Raj brilliantly marshals extensive research evidence that supports his simple yet profound prescriptions for better living. I have no doubt that this book will come to be regarded as a classic in the field; it will help change countless lives for the better, as Raj's online course is already doing.-Raj Sisodia, co-author of Everybody Matters and Conscious Capitalism

"Tell a man a joke and he'll be happy for a moment. Give a man Raj's book, and he'll be happy forever! While you are at it, get yourself a copy of this excellent, well-researched book. It will make you smarter and happier. -Peter McGraw, Director of the Humor Research Lab and co-author of The Humor Code

"A compelling and highly profitable read. Get this book, mark it up with highlighters and practice, practice, practice. Your life WILL improve." -Srikumar Rao, author of Happiness at Work, TED speaker and consultant.

"This is an empirically-grounded, practical, and fun-to-read book that will help you get the most out of your life and find the happiness you really want. A must-read for anyone searching for the true meaning of success."-Kristin Neff, Ph.D., author of Self Compassion

Raghunathan gives you the tools you need to lead a more satisfying life. He roots his recommendations in good science, and then provides a wonderful set of tools to put you on the path to long-term path to happiness. Better still, even reading this book is a joy.-Art Markman, Ph.D., author of Smart Thinking and Smart Change

"This book will help you keep the upbeat approach to life that will open the door to undreamed of possibilities. Definitely a keeper!"-Barbara Oakley, Professor of Engineering, Oakland University, and co-instructor of the most popular MOOC ever

Learning How to Learn

"How important do I think it is for you to read this book? Let me just say that if you are smart and successful and yet feel that you aren't as happy as you could be, I would just recommend that you read this book. I would say that you owe it to yourself to drop everything else you are doing and start reading the book now!"-Marshall Goldsmith, CEO-coach and author of Triggers

From the Hardcover edition.

About the Author Raj Raghunathan, Ph.D., is Professor at the University of Texas McCombs School of Business, where he relies on themes from psychology, behavioral sciences, decision theory and marketing to explain consumption behavior. He serves on the editorial board of Journal of Consumer Research, Journal of Marketing, and Journal of Consumer Psychology. He is also one of the fourteen faculty members of Whole Foods founder John Mackey's Academy of Conscious Leadership.

From the Hardcover edition.