

Happiness A History Darrin M McMahon

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The Happiness Hypothesis - Jonathan Haidt 2006-12-26

The bestselling author of *The Righteous Mind* and *The Coddling of the American Mind* draws on philosophical wisdom and scientific research to show how the meaningful life is closer than you think. *The Happiness Hypothesis* is a book about ten Great Ideas. Each chapter is an attempt to savor one idea that has been discovered by several of the world's civilizations -- to question it in light of what we now know from scientific research, and to extract from it the lessons that still apply to our modern lives and illuminate the causes of human flourishing. Award-winning psychologist Jonathan Haidt, the author of *The Righteous Mind* and *The Coddling of the American Mind*, shows how a deeper understanding of the world's philosophical wisdom and its enduring maxims -- like "do unto others as you would have others do unto you," or "what doesn't kill you makes you stronger" -- can enrich and even transform our lives.

The Science of Subjective Well-Being - Michael Eid 2008-01-01

This authoritative volume reviews the breadth of current scientific knowledge on subjective well-being (SWB): its definition, causes and consequences, measurement, and practical applications that may help people become happier. Leading experts explore the connections between SWB and a range of intrapersonal and interpersonal phenomena, including personality, health, relationship satisfaction,

wealth, cognitive processes, emotion regulation, religion, family life, school and work experiences, and culture. Interventions and practices that enhance SWB are examined, with attention to both their benefits and limitations. The concluding chapter from Ed Diener dispels common myths in the field and presents a thoughtful agenda for future research.

Doing Emotions History - Susan J. Matt 2013-12-30

How do emotions change over time? When is hate honorable? What happens when "love" is translated into different languages? Such questions are now being addressed by historians who trace how emotions have been expressed and understood in different cultures throughout history. *Doing Emotions History* explores the history of feelings such as love, joy, grief, nostalgia as well as a wide range of others, bringing together the latest and most innovative scholarship on the history of the emotions. Spanning the globe from Asia and Europe to North America, the book provides a crucial overview of this emerging discipline. An international group of scholars reviews the field's current status and variations, addresses many of its central debates, provides models and methods, and proposes an array of possibilities for future research. Emphasizing the field's intersections with anthropology, psychology, sociology, neuroscience, data-mining, and popular culture, this groundbreaking volume demonstrates the affecting potential of

doing emotions history. Contributors are John Corrigan, Pam Epstein, Nicole Eustace, Norman Kutcher, Brent Malin, Susan Matt, Darrin McMahon, Peter N. Stearns, and Mark Steinberg.

Happier? - Daniel Horowitz 2017-11-01

When a cultural movement that began to take shape in the mid-twentieth century erupted into mainstream American culture in the late 1990s, it brought to the fore the idea that it is as important to improve one's own sense of pleasure as it is to manage depression and anxiety. Cultural historian Daniel Horowitz's research reveals that this change happened in the context of key events. World War II, the Holocaust, post-war prosperity, the rise of counter-culture, the crises of the 1970s, the presidency of Ronald Reagan, and the prime ministerships of Margaret Thatcher and David Cameron provided the important context for the development of the field today known as positive psychology. *Happier?* provides the first history of the origins, development, and impact of the way Americans -- and now many around the world -- shifted from mental illness to well-being as they pondered the human condition. This change, which came about from the fusing of knowledge drawn from Eastern spiritual traditions, behavioral economics, neuroscience, evolutionary biology, and cognitive psychology, has been led by scholars and academic entrepreneurs, as they wrestled with the implications of political events and forces such as neoliberalism and cultural conservatism, and a public eager for self-improvement. Linking the development of happiness studies and positive psychology with a broad series of social changes, including the emergence of new media and technologies like TED talks, blogs, web sites, and neuroscience, as well as the role of evangelical ministers, Oprah Winfrey's enterprises, and funding from government agencies and private foundations, Horowitz highlights the transfer of specialized knowledge into popular arenas. Along the way he shows how marketing triumphed, transforming academic disciplines and spirituality into saleable products. Ultimately, *Happier?* illuminates how positive psychology, one of the most influential academic fields of the late twentieth and early twenty-first centuries, infused American culture with captivating promises for a happier society.

The Renaissance of emotion - Richard Meek 2015-08-01

This collection of essays offers a major reassessment of the meaning and significance of emotional experience in the work of Shakespeare and his contemporaries. Recent scholarship on early modern emotion has relied on a medical-historical approach, resulting in a picture of emotional experience that stresses the dominance of the material, humoral body. The Renaissance of emotion seeks to redress this balance by examining the ways in which early modern texts explore emotional experience from perspectives other than humoral medicine. The chapters in the book seek to demonstrate how open, creative and agency-ridden the experience and interpretation of emotion could be. Taken individually, the chapters offer much-needed investigations into previously overlooked areas of emotional experience and signification; taken together, they offer a thorough re-evaluation of the cultural priorities and phenomenological principles that shaped the understanding of the emotive self in the early modern period. The Renaissance of emotion will be of particular interest to students and scholars of Shakespeare and Renaissance literature, the history of emotion, theatre and cultural history, and the history of ideas.

[The Secrets of Happiness](#) - Richard Schoch 2006-11-14

Unhappy is the story of happiness. More than two thousand years ago, when the ancient Greeks first pondered what constitutes "the good life," happiness was considered a civic virtue that demanded a lifetime's cultivation. Not just mere enjoyment of pleasure and mere avoidance of suffering, true happiness was an achievement, not a birthright. Now, in an age of instant gratification and infinite distraction, history professor Richard Schoch takes a refreshingly contemplative look at a question that's as vital today as ever: What does it mean to be happy? Schoch consults some of history's greatest thinkers -- from Aristotle to Thomas Aquinas to Buddha -- in his quest to understand happiness in all its hard-won forms. Packed with three thousand years' worth of insights, many long forgotten, *The Secrets of Happiness* is a breath of ancient wisdom for anyone who yearns for the good life.

Di derot and the Art of Thi nki ng Fr Andrew S. Curran 2019-01-15

A spirited biography of the prophetic and sympathetic philosopher who

helped build the foundations of the modern world. Denis Diderot is often associated with the decades-long battle to bring the world's first comprehensive Encyclopédie into existence. But his most daring writing took place in the shadows. Thrown into prison for his atheism in 1749, Diderot decided to reserve his best books for posterity--for us, in fact. In the astonishing cache of unpublished writings left behind after his death, Diderot challenged virtually all of his century's accepted truths, from the sanctity of monarchy, to the racial justification of the slave trade, to the norms of human sexuality. One of Diderot's most attentive readers during his lifetime was Catherine the Great, who not only supported him financially, but invited him to St. Petersburg to talk about the possibility of democratizing the Russian empire. In this thematically organized biography, Andrew S. Curran vividly describes Diderot's tormented relationship with Rousseau, his curious correspondence with Voltaire, his passionate affairs, and his often iconoclastic stands on art, theater, morality, politics, and religion. But what this book brings out most brilliantly is how the writer's personal turmoil was an essential part of his genius and his ability to flout taboos, dogma, and convention.

Happiness - Ed Diener 2011-09-07

Utilizing sophisticated methodology and three decades of research by the world's leading expert on happiness, Happiness challenges the present thinking of the causes and consequences of happiness and redefines our modern notions of happiness. shares the results of three decades of research on our notions of happiness covers the most important advances in our understanding of happiness offers readers unparalleled access to the world's leading experts on happiness provides "real world" examples that will resonate with general readers as well as scholars Winner of the 2008 PSP Prose Award for Excellence in Psychology, Professional and Scholarly Publishing Division of the Association of American Publishers

The Promise of Happiness - Sara Ahmed 2010-03-16

The Promise of Happiness is a provocative cultural critique of the imperative to be happy. It asks what follows when we make our desires and even our own happiness conditional on the happiness of others: "I

just want you to be happy"; "I'm happy if you're happy." Combining philosophy and feminist cultural studies, Sara Ahmed reveals the affective and moral work performed by the "happiness duty," the expectation that we will be made happy by taking part in that which is deemed good, and that by being happy ourselves, we will make others happy. Ahmed maintains that happiness is a promise that directs us toward certain life choices and away from others. Happiness is promised to those willing to live their lives in the right way. Ahmed draws on the intellectual history of happiness, from classical accounts of ethics as the good life, through seventeenth-century writings on affect and the passions, eighteenth-century debates on virtue and education, and nineteenth-century utilitarianism. She engages with feminist, antiracist, and queer critics who have shown how happiness is used to justify social oppression, and how challenging oppression causes unhappiness. Reading novels and films including Mrs. Dalloway, The Well of Loneliness, Bend It Like Beckham, and Children of Men, Ahmed considers the plight of the figures who challenge and are challenged by the attribution of happiness to particular objects or social ideals: the feminist killjoy, the unhappy queer, the angry black woman, and the melancholic migrant. Through her readings she raises critical questions about the moral order imposed by the injunction to be happy.

Rethinking Modern European Intellectual History - Darrin M. McMahon 2014-03

This book is a collection of essays by leading practitioners of modern European intellectual history, reflecting on the theoretical and methodological underpinnings of the field. The essays each attempt to assess their respective disciplines, giving an account of their development and theoretical evolution, while also reflecting on current problems, challenges, and possibilities.

The Happiness Fantasy - Carl Cederström 2018-10-22

In this devastatingly witty new book, Carl Cederström traces our present-day conception of happiness from its roots in early-twentieth-century European psychiatry, to the Beat generation, to Ronald Reagan and Donald Trump. He argues that happiness is now defined by a desire to be

"authentic", to experience physical pleasure, and to cultivate a quirky individuality. But over the last fifty years, these once-revolutionary ideas have been co-opted by corporations and advertisers, pushing us to live lives that are increasingly unfulfilling, insecure and narcissistic. In an age of increasing austerity and social division, Cederström argues that a radical new dream of happiness is gathering pace. There is a vision of the good life which promotes deeper engagement with the world and our place within it, over the individualism and hedonism of previous generations. Guided by this more egalitarian worldview, we can reinvent ourselves and our societies.

The Politics of Happiness - Derek Bok 2011-09-26

Describes the principal findings of happiness researchers, assesses the strengths and weaknesses of such research, and looks at how governments could use results when formulating policies to improve the lives of citizens.

The Enlightenment - Ryan Patrick Hanley 2010

More than any earlier period of European intellectual history, the age of Enlightenment infused the republic of letters with social and political significance; this long-awaited new collection from Routledge brings together in five volumes the very best scholarship on the period and its legacy. It also incorporates historical and critical essays addressed to the Enlightenment's alleged responsibility for institutions or policies prevalent in the twentieth century, including economic globalization and the Holocaust.

Enemies of the Enlightenment - Darrin M. McMahon 2002

"Drawing on a wide range of primary sources, Darrin M. McMahon shows that well before the French Revolution, enemies of the Enlightenment were warning that the secular thrust of modern philosophy would give way to horrors of an unprecedented kind. Greeting 1789, in turn, as the realization of their worst fears, they fought the Revolution from its onset, profoundly affecting its subsequent course. The radicalization - and violence - of the Revolution was as much the product of militant resistance as any inherent logic."--BOOK JACKET.

Global Intellectual History - Samuel Moyn 2013-06-25

Where do ideas fit into historical accounts that take an expansive, global view of human movements and events? Teaching scholars of intellectual history to incorporate transnational perspectives into their work, while also recommending how to confront the challenges and controversies that may arise, this original resource explains the concepts, concerns, practice, and promise of "global intellectual history," featuring essays by leading scholars on various approaches that are taking shape across the discipline. The contributors to *Global Intellectual History* explore the different ways in which one can think about the production, dissemination, and circulation of "global" ideas and ask whether global intellectual history can indeed produce legitimate narratives. They discuss how intellectuals and ideas fit within current conceptions of global frames and processes of globalization and proto-globalization, and they distinguish between ideas of the global and those of the transnational, identifying what each contributes to intellectual history. A crucial guide, this collection sets conceptual coordinates for readers eager to map an emerging area of study.

The Pursuit of Happiness Darrin M. McMahon 2007

Happiness and its pursuit have been a constant source of fascination and attraction for thousands of years. In ancient Greek tragedy, happiness was considered a gift of the gods, now we consider it a right. Why did this change and what does it tell us about our society? In *The Pursuit of Happiness*, cultural historian Darrin McMahon offers a brilliant summation of the history of happiness, and its evolution from divine gift to natural human entitlement. Central to the development of Christianity, ideas of happiness assumed their modern form during the Enlightenment, and McMahon follows this development through to the present day, showing how our modern quest for the 'holy grail' of happiness continues to generate new forms of pleasure, but also, paradoxically, new forms of pain. Perfect happiness may exist only in our minds, but McMahon helps us discover that as for Cervantes' knight of sad countenance, Quixote, to travel is better than to arrive.

The Life of Our Lord - Charles Dickens 1999-11-09

The author of such works as "Oliver Twist" and "A Christmas Carol"

retells the story of Jesus Christ for his own children.

The Secular Enlightenment Margaret Jacob 2021-04-20

Provides a panoramic account of the radical ways that life began to change for ordinary people in the age of Locke, Voltaire, and Rousseau. In this book, familiar Enlightenment figures share places with voices that have remained largely unheard until now, from freethinkers and freemasons to French materialists, anticlerical Catholics, pantheists, pornographers, readers, and travelers. Jacob reveals how this newly secular outlook was not a wholesale rejection of Christianity but rather a new mental space in which to encounter the world on its own terms. She takes readers from London and Amsterdam to Berlin, Vienna, Turin, and Naples, drawing on rare archival materials to show how ideas central to the emergence of secular democracy touched all facets of daily life. Jacob demonstrates how secular values and pursuits took hold of eighteenth-century Europe, spilled into the American colonies, and left their lasting imprint on the Western world for generations to come. --Adapted from publisher description.

Love - Barbara H. Rosenwein 2021-11-15

We make sense of love with fantasies, stories that shape feelings that are otherwise too overwhelming, incoherent, and wayward to be tamed. For love is a complex, bewildering, and ecstatic emotion covering a welter of different feelings and moral judgements. Drawing on philosophy, fiction, art, letters, memoirs, and evidence from everyday life, historian Barbara H. Rosenwein explores five of our most enduring fantasies of love: Like-minded union, transcendent rapture, selfless giving, obsessive longing, and insatiable desire. Each has had a long and kaleidoscopic history with lasting effects on how we in the West think about love today. Yet each leads to a different conclusion about what we should strive for in our relationships. If only we could peel back the layers of love and discover its "true" essence. But love doesn't work like that; it is constructed on the shards of experience, story, and feeling, shared over time, intertwined with other fantasies. By understanding the history of how we have loved, Rosenwein argues, we may better navigate our own tumultuous experiences, and perhaps write our own scripts.

Aristotle's Way - Edith Hall 2019-01-15

From renowned classicist Edith Hall, ARISTOTLE'S WAY is an examination of one of history's greatest philosophers, showing us how to lead happy, fulfilled, and meaningful lives Aristotle was the first philosopher to inquire into subjective happiness, and he understood its essence better and more clearly than anyone since. According to Aristotle, happiness is not about well-being, but instead a lasting state of contentment, which should be the ultimate goal of human life. We become happy through finding a purpose, realizing our potential, and modifying our behavior to become the best version of ourselves. With these objectives in mind, Aristotle developed a humane program for becoming a happy person, which has stood the test of time, comprising much of what today we associate with the good life: meaning, creativity, and positivity. Most importantly, Aristotle understood happiness as available to the vast majority of us, but only, crucially, if we decide to apply ourselves to its creation--and he led by example. As Hall writes, "If you believe that the goal of human life is to maximize happiness, then you are a budding Aristotelian." In expert yet vibrant modern language, Hall lays out the crux of Aristotle's thinking, mixing affecting autobiographical anecdotes with a deep wealth of classical learning. For Hall, whose own life has been greatly improved by her understanding of Aristotle, this is an intensely personal subject. She distills his ancient wisdom into ten practical and universal lessons to help us confront life's difficult and crucial moments, summarizing a lifetime of the most rarefied and brilliant scholarship.

The Story of Joy Adam Potkay 2011-03-03

Joy is an experience of reunion or fulfilment, of desire at least temporarily laid to rest, of a good thing that comes to pass or seems sure to happen soon. In this wide-ranging and highly original book Adam Potkay explores the concept of joy, distinguishing it from related concepts such as happiness and ecstasy. He goes on to trace the literary and intellectual history of joy in the Western tradition, from Aristotle, the Bible and Provençal troubadours through contemporary culture, centring on British and German works from the Reformation through

Romanticism. Describing the complex interconnections between literary art, ethics, and religion, Potkay offers fresh readings of Spenser, Shakespeare, Fielding, Schiller, English Romantic poets, Wilde and Yeats. Winner of the 2009 Harry Levin prize, *The Story of Joy* will be of special interest to scholars of the Renaissance to the late Romantic period, but will also appeal to readers interested in the changing perceptions of joy over time.

Happiness - Darrin M. McMahon 2006

Happiness: A History draws on a multitude of sources, including art and architecture, poetry and scripture, music and theology, and literature and myth, to offer a sweeping history of man's most elusive yet coveted goal. Ranging from psychology to genetics to the invention of the "smiley face," McMahon follows the great pursuit of happiness through to the present day, showing how our modern search continues to generate new forms of pleasure, but also new forms of pain. Reprint.

The Invention of Humanity - Siep Stuurman 2017-02-20

For much of history, strangers were seen as barbarians, seldom as fellow human beings. The notion of common humanity had to be invented. Drawing on global thinkers, Siep Stuurman traces ideas of equality and difference across continents and civilizations, from antiquity to present-day debates about human rights and the "clash of civilizations."

Pursuing the Good Life - Christopher Peterson 2013-01-10

Reveals small but significant actions people can take to lead happier lives, offering reflections on such topics as family, relationships, work, school, sports, emotions, and experiences.

The Pursuit of Laziness - Pierre Saint-Amand 2011-05-09

We think of the Enlightenment as an era dominated by ideas of progress, production, and industry--not an era that favored the lax and indolent individual. But was the Enlightenment only about the unceasing improvement of self and society? *The Pursuit of Laziness* examines moral, political, and economic treatises of the period, and reveals that crucial eighteenth-century texts did find value in idleness and nonproductivity. Fleshing out Enlightenment thinking in the works of Denis Diderot, Joseph Joubert, Pierre de Marivaux, Jean-Jacques

Rousseau, and Jean-Siméon Chardin, this book explores idleness in all its guises, and illustrates that laziness existed, not as a vice of the wretched, but as an exemplar of modernity and a resistance to beliefs about virtue and utility. Whether in the dawdlings of Marivaux's journalist who delayed and procrastinated or in the subjects of Chardin's paintings who delighted in suspended, playful time, Pierre Saint-Amand shows how eighteenth-century works provided a strong argument for laziness. Rousseau abandoned his previous defense of labor to pursue reverie and botanical walks, Diderot emphasized a parasitic strategy of resisting work in order to liberate time, and Joubert's little-known posthumous Notebooks radically opposed the central philosophy of the Enlightenment in a quest to infinitely postpone work. Unsettling the stubborn view of the eighteenth century as an age of frenetic industriousness and labor, *The Pursuit of Laziness* plumbs the texts and images of the time and uncovers deliberate yearnings for slowness and recreation. Some images inside the book are unavailable due to digital copyright restrictions.

God and the Art of Happiness - Ellen T. Charry 2010-12-03

Western Christian theology is skittish about happiness. We hope for future, eternal happiness, but we avoid considering happiness in this life as if we suspect such a thing is not allowed. *That You May Have Life* offers a refreshing interpretation of happiness as a way of life grounded in scripture and the incarnate Christ. Ellen Charry here reveals how the Bible encourages the happiness and joy that accompany obedience to the Creator, enhancing both our own life and the lives of those around us. This advances the well being of creation, which, in turn, causes God to delight with, in, and for us. With this original theory of the Christian life, this book will encourage intelligent readers to take part in truly abundant life.

Divine Fury - Darrin McMahon 2013-10-22

Genius. With hints of madness and mystery, moral license and visionary force, the word suggests an almost otherworldly power: the power to create, to divine the secrets of the universe, even to destroy. Yet the notion of genius has been diluted in recent times. Today, rock stars, football coaches, and entrepreneurs are labeled 'geniuses,' and the word

is applied so widely that it has obscured the sense of special election and superhuman authority that long accompanied it. As acclaimed historian Darrin M. McMahon explains, the concept of genius has roots in antiquity, when men of prodigious insight were thought to possess—or to be possessed by—demons and gods. Adapted in the centuries that followed and applied to a variety of religious figures, including prophets, apostles, sorcerers, and saints, abiding notions of transcendent human power were invoked at the time of the Renaissance to explain the miraculous creativity of men like Leonardo and Michelangelo. Yet it was only in the eighteenth century that the genius was truly born, idolized as a new model of the highest human type. Assuming prominence in figures as varied as Newton and Napoleon, the modern genius emerged in tension with a growing belief in human equality. Contesting the notion that all are created equal, geniuses served to dramatize the exception of extraordinary individuals not governed by ordinary laws. The phenomenon of genius drew scientific scrutiny and extensive public commentary into the 20th century, but it also drew religious and political longings that could be abused. In the genius cult of the Nazis and the outpouring of reverence for the redemptive figure of Einstein, genius achieved both its apotheosis and its Armageddon. The first comprehensive history of this elusive concept, *Divine Fury* follows the fortunes of genius and geniuses through the ages down to the present day, showing how—despite its many permutations and recent democratization—genius remains a potent force in our lives, reflecting modern needs, hopes, and fears.

Theories of Happiness: An Anthology by Jennifer Wilson Mulnix 2015-05-25
Theories of Happiness: An Anthology introduces readers to many difficult philosophical questions surrounding the concept of happiness. With historical and contemporary readings in philosophy, psychology, and the social sciences, the anthology reflects a dialogue between ideas, providing for a rich conversation that brings out the key insights and strengths of several competing views. Each of the included readings is contextualized by the editors and situated to speak to the larger issues, including the value of happiness and its connection to well-being, the

relationship of happiness to morality, whether happiness can be accurately and meaningfully measured, and whether there are universal standards for a happy life.

Genealogies of Genius - Joyce E. Chaplin 2015-12-08

The essays in this volume seek to examine the uses to which concepts of genius have been put in different cultures and times. Collectively, they are designed to make two new statements. First, seen in historical and comparative perspective, genius is not a natural fact and universal human constant that has been only recently identified by modern science, but instead a categorical mode of assessing human ability and merit. Second, as a concept with specific definitions and resonances, genius has performed specific cultural work within each of the societies in which it had a historical presence.

History and Human Flourishing - Darrin M. McMahon 2022-11-04

"What is the value of history for life? And how, if at all, might historians and their work contribute to human flourishing and well-being? Those are the straightforward, if capacious, questions that the distinguished contributors to this volume were asked to consider. The essays gathered here represent their responses. Each essay considers the value of history for life and its connections to human flourishing from a different standpoint and perspective. The answers are often deeply personal, but collectively they concur in affirming history and the historical craft as tremendous resources for human well-being and of vital importance for our times"--

Happiness, Economics and Politics - Amitava Krishna Dutt 2009-01-01

For those already drawn by the allure of happiness studies, Dutt and Radcliff here provide a rich tour of the frontier in the field. And for curmudgeons, this work goes far to defuse the skeptical reflex. It is subtle, intelligent, wide-ranging, informative and even readable throughout. James K. Galbraith, The University of Texas at Austin, US
 This timely and important book presents a unique study of happiness from both economic and political perspectives. It offers an overview of contemporary research on the emergent field of happiness studies and contains contributions by some of the leading figures in the field. General

issues such as the history and conceptualization of happiness are explored, and the underpinning theories and empirics analyzed. The ways in which economic and political factors both separately and interactively affect the quality of human life are examined, illustrating the importance of a self-consciously multi-disciplinary approach to the field. In particular, the effects of consumption, income growth, inequality, discrimination, democracy, the nature of government policies, and labor organization on happiness are scrutinized. In conclusion, the contributors prescribe what can and should be done at individual and societal levels to improve human well-being and happiness. This wide-ranging and interdisciplinary book makes a unique contribution to the literature. As such, it will prove a fascinating read for students and scholars of economics, political science, psychology, sociology, and of course, to those with a special interest in the analysis of happiness and human well-being.

A Brief History of Happiness - Nicholas P. White 2008-06-09

In this brief history, philosopher Nicholas White reviews 2,500 years of philosophical thought about happiness. Addresses key questions such as: What is happiness? Should happiness play such a dominant role in our lives? How can we deal with conflicts between the various things that make us happy? Considers the ways in which major thinkers from antiquity to the modern day have treated happiness: from Plato's notion of the harmony of the soul, through to Nietzsche's championing of conflict over harmony. Relates questions about happiness to ethics and to practical philosophy.

Happiness is Overrated - Raymond A. Belliotti 2004

Happiness Is Overrated highlights the greatest thinking on the concept of happiness from classical philosophers such as Plato, to contemporary sociologists and psychologists. It includes practical advice on how to attain happiness, but argues that happiness is not the greatest personal good. Ultimately, the greatest personal good is realized in leading a robustly meaningful, valuable life.

The Oxford Handbook of Happiness - Susan A. David 2014

A text for researchers and practitioners interested in human happiness.

Its editors and chapter contributors are world leaders in the investigation of happiness across the fields of psychology, education, philosophy, social policy and economics.

The Power of Meaning Emily Esfahani Smith 2017-01-10

In a culture obsessed with happiness, this wise, stirring book points the way toward a richer, more satisfying life. Too many of us believe that the search for meaning is an esoteric pursuit—that you have to travel to a distant monastery or page through dusty volumes to discover life's secrets. The truth is, there are untapped sources of meaning all around us—right here, right now. To explore how we can craft lives of meaning, Emily Esfahani Smith synthesizes a kaleidoscopic array of sources—from psychologists, sociologists, philosophers, and neuroscientists to figures in literature and history such as George Eliot, Viktor Frankl, Aristotle, and the Buddha. Drawing on this research, Smith shows us how cultivating connections to others, identifying and working toward a purpose, telling stories about our place in the world, and seeking out mystery can immeasurably deepen our lives. To bring what she calls the four pillars of meaning to life, Smith visits a tight-knit fishing village in the Chesapeake Bay, stargazes in West Texas, attends a dinner where young people gather to share their experiences of profound loss, and more. She also introduces us to compelling seekers of meaning—from the drug kingpin who finds his purpose in helping people get fit to the artist who draws on her Hindu upbringing to create arresting photographs. And she explores how we might begin to build a culture that leaves space for introspection and awe, cultivates a sense of community, and imbues our lives with meaning. Inspiring and story-driven, *The Power of Meaning* will strike a profound chord in anyone seeking a life that matters.

Happiness in World History - Peter N. Stearns 2020-12-30

Happiness in World History traces ideas and experiences of happiness from early stages in human history, to the maturation of agricultural societies and their religious and philosophical systems, to the changes and diversities in the approach to happiness in the modern societies that began to emerge in the 18th century. In this thorough overview, Peter N.

Stearns explores the interaction between psychological and historical findings about happiness, the relationship between ideas and popular experience, and the opportunity to use historical analysis to assess strengths and weaknesses of dominant contemporary notions of happiness. Starting with the advent of agriculture, the book assesses major transitions in history for patterns in happiness, including the impact of the great religions, the unprecedented Enlightenment interest in secular happiness and cheerfulness, and industrialization and imperialism. The final, contemporary section covers fascist and communist efforts to define alternatives to Western ideas of happiness, the increasing connections with consumerism, and growing global interests in defining and promoting well-being. Touching on the experiences in the major regions of Asia, Africa, Latin America, Europe, and North America, the text offers an expansive introduction to a new field of study. This book will be of interest to students of world history and the history of emotions.

Happiness - Amitava Krishna Dutt 2019-04-15

This Quick Immersion addresses what happiness is and how we can create more of it.

The Virtues of Happiness - Paul Bloomfield 2016-05

Gives original answers to the questions "Why be moral?" and "Why not be immoral?" ; Combines the ancient Greek conception of happiness with a modern conception of self-respect ; Argues that self-respect is

necessary for happiness and that self-respect is necessary for happiness and that respect for others and respect for self are interdependent ; Contents that self-respect is necessary for happiness and that respect for others and respect for self are interdependent. -- Publisher's website.

Making Way for Genius - Kathleen Kete 2012-05-29

Examining the lives and works of three iconic personalities —Germaine de Staël, Stendhal, and Georges Cuvier—Kathleen Kete creates a groundbreaking cultural history of ambition in post-Revolutionary France. While in the old regime the traditionalist view of ambition prevailed—that is, ambition as morally wrong unless subsumed into a corporate whole—the new regime was marked by a rising tide of competitive individualism. Greater opportunities for personal advancement, however, were shadowed by lingering doubts about the moral value of ambition. Kete identifies three strategies used to overcome the ethical “burden” of ambition : romantic genius (Staël), secular vocation (Stendhal), and post-mythic destiny (Cuvier). In each case, success would seem to be driven by forces outside one's control. She concludes by examining the still relevant (and still unresolved) conundrum of the relationship of individual desires to community needs, which she identifies as a defining characteristic of the modern world.

Our Great Purpose - Ryan Hanley 2021-06-15

Invaluable wisdom on living a good life from the founder of modern economics.