1. Record Nr. UNINA9910451380403321 Autore Nettle Daniel Titolo Happiness [[electronic resource]]: the science behind your smile // **Daniel Nettle** Oxford, UK; New York, N.Y., : Oxford University Press, 2005 Pubbl/distr/stampa **ISBN** 1-280-75268-8 0-19-156671-3 1-4294-3075-3 Descrizione fisica 1 online resource (225 p.) Disciplina 152.4/2 Soggetti **Happiness** Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references(p. 198-212). Nota di contenuto Comfort and joy -- Bread and circuses -- Love and work -- Worriers and enthusiasts -- Wanting and liking -- Panaceas and placebos -- A design for living. Sommario/riassunto The pursuit of happiness has been recognized by everyone from poets to politicians as what makes the world go round. The world's largest and fastest-growing industries - alcohol, pharmaceuticals, mind altering drugs, self-help books, counselling, travel and tourism - all profit heavily from our intent to become completely happy with our lives. This is the first book to comprehensively address the most basic of human desires. - ; Everybody wants it. But what exactly is happiness?. The pursuit of happiness has been recognized by everyone from poets

to politicians as what makes the world go round.