

1. Record Nr.	UNINA9910457365903321
Autore	Baucells Manel
Titolo	Engineering Happiness : A New Approach for Building a Joyful Life // Manel Baucells, Rakesh Sarin
Pubbl/distr/stampa	Berkeley, CA : , : University of California Press, , [2012] ©2012
ISBN	1-283-36971-0 9786613369710 0-520-95142-5
Descrizione fisica	1 online resource (247 p.)
Disciplina	152.4/2 152.42
Soggetti	Happiness SOCIAL SCIENCE / Popular Culture
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Frontmatter -- Contents -- Preface: Engineers on Happiness -- Acknowledgments -- Introduction: The Science of Happiness -- Part I. Overview -- Part II. Laws of Happiness -- Part III. Engineering a Happier Life -- Notes -- Index
Sommario/riassunto	Manel Baucells and Rakesh Sarin have been conducting ground- breaking research on happiness for more than a decade, and in this book they distill their provocative findings into a lively, accessible guide for a wide audience of readers. Integrating their own research with the latest thinking in the behavioral and social sciences-including management science, psychology, and economics-they offer a new approach to the puzzle of happiness. Woven throughout with wisdom from the world's religions and literatures, Engineering Happiness has something to offer everyone-regardless of background, profession, or aspiration-who wants to better understand, control, and attain a more joyful life. • Shows how a few major principles can explain how happiness works and why it is so elusive • Demonstrates how the essence of attaining happiness is choice • Explores how to avoid happiness traps • Tells how to recognize happiness triggers in everyday

life

2. Record Nr.	UNINA9910634071203321
Autore	Anderson Kym
Titolo	Growth and Cycles in Australia's Wine Industry: A Statistical Compendium, 1843 to 2013
Pubbl/distr/stampa	University of Adelaide Press, 2015
ISBN	1-925261-09-3
Descrizione fisica	1 electronic resource (610 p.)
Soggetti	Economic growth Economic history
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Another magisterial statistical compendium from Kym Anderson, with the assistance of Nanda Aryal: surely no nation's wine endeavours have ever been more precisely tracked through history than Australia's are here. The depth and intricacy of the global context, too, makes fascinating and often enlightening reading for any student of wine.
