

1. Record Nr.	UNINA9910777885203321
Autore	Nettle Daniel
Titolo	Happiness [[electronic resource]] : the science behind your smile // Daniel Nettle
Pubbl/distr/stampa	Oxford, UK ; New York, N.Y., : Oxford University Press, 2005
ISBN	1-383-00276-2 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
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.