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| Autore | Nettle Daniel |
| Titolo | Happiness [[electronic resource]] : the science behind your smile / / Daniel Nettle |
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| 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. |