

1. Record Nr.	UNINA9910814329303321
Autore	Nettle Daniel
Titolo	Happiness : 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
Edizione	[1st ed.]
Descrizione fisica	1 online resource (225 p.)
Collana	Oxford scholarship online
Disciplina	152.4/2
Soggetti	Happiness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Previously issued in print: 2005.
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	This text covers all aspects of happiness, from what poets and politicians thought of it to the role of alcohol, pharmaceuticals, self-help books and tourism in people's quest to achieve it.