



The How of Happiness: A Scientific Approach to Getting the Life You Want (Korean)

Sonya Lyubomirsky

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You can change your personal capacity for happiness. Research psychologist Sonja Lyubomirsky's pioneering concept of the 40% solution shows you how. Drawing on her own groundbreaking research with thousands of men and women, research psychologist and University of California professor of psychology Sonja Lyubomirsky has pioneered a detailed yet easy-to-follow plan to increase happiness in our day-to-day lives-in the short term and over the long term. The How of Happiness is a different kind of happiness book, one that offers a comprehensive guide to understanding what happiness is, and isn't, and what can be done to bring us all closer to the happy life we envision for ourselves. Using more than a dozen uniquely formulated happiness-increasing strategies, The How of Happiness offers a new and potentially life-changing way to understand our innate potential for joy and happiness as well as our ability to sustain it in our lives.

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