

Be Happy

Books on Happiness and Positive Psychology

Be Happy

[Are You Happy?](#)

by Janda, Louis H.

646.7002 JAN

A collection of twenty-four self-tests designed to measure the reader's overall happiness in terms of everything from career and finances to health and relationships, accompanied by effective techniques designed to enhance one's personal satisfaction, fulfillment, and happiness.

[Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment](#)

by Seligman, Martin

158 SEL

The author of Learned Optimism argues that happiness can be a learned and cultivated behavior, explaining how every person possesses at least five of twenty-four profiled strengths that can be built on in order to improve a life.

[Choosing Happiness](#)

by Dowrick, Stephanie

158.1 DOW

Offers advice on forging healthier personal and professional relationships by learning to trust one's strengths, in a resource that provides skill-building exercises for promoting inner peace, stability, and contentment.

[The Five Things We Cannot Change And The Happiness We Find By Embracing Them](#)

by Richo, David

158 RIC

In order to find real contentment in our lives we must acknowledge the five simple, unavoidable givens, which are: everything changes and ends, things do not always go according to plan, life is not always fair, pain is a part of life, and people are not loving and loyal all the time.

[Flow: The Psychology of Optimal Experience](#)

by Csikszentmihalyi, Mihaly

155.2 CSI

Providing an introduction to "flow," a field of behavioral science that offers life-fulfilling potentialities, this study explains its principals and shows how to introduce flow into all aspects of life, avoiding the interferences of disharmony.

[A Guide to Personal Happiness](#)

by Ellis, Albert

158.1 ELL

Seeks to remove the stumbling blocks along the road to happiness, through the use of rational-emotive therapy.

[Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment](#)

by Ben-Shahar, Tal

158 BEN

Provides a complete crash course on what happiness is and how to strive for it, based on the principles of positive psychology and designed to help readers live the life they love and love the life they live.

[The Happiness Makeover: How To Teach Yourself to Be Happy and Enjoy Every Day](#)

by Ryan, M. J.

158 RYA

Presents a series of simple strategies that can help anyone overcome worry, envy, fear, and negativity to find the true joy in life, explaining how to transform habitual negative thinking to think happily instead.

[Happy for No Reason: 7 Steps to Being Happy from the Inside Out](#)

by Shimoff, Marci

158 SHI

Outlines a practical and holistic program for finding and maintaining personal happiness, identifying seven key concepts for achieving inner peace and overall well-being.

[The How of Happiness](#)

by Lyubomirsky, Sonja

158 LYU

An easy-to-follow, life-changing approach designed to increase happiness and fulfillment in everyday life furnishes a comprehensive guide that redefines what happiness and what it is not and introduces activities, including exercises in practicing optimism, tips on how to savor life's pleasures, and an emphasis on staying active to achieve a happier life.

[It's All in Your Head](#)

by Pollan, Stephen M.

158.1 POL

An inspirational guide offers inspiration for achieving lasting happiness, introducing eight key attitudes that can eliminate fear, regret, and self-doubt.

[The Joy Diet: 10 Daily Practices for a Happier Life](#)

by Beck, Martha

158.1 BEC

Offers a behavior-oriented program for a satisfying life, designed around truth, desire, creativity, risk, treats, play, laughter, connection, feasting, and doing nothing.

[Life is Sweet: 333 Ways to Look on the Bright Side and Find the Happiness in Front of You](#)

by Johnson, Addie

158 JOH

Presents a collection of stories, events, moments, quotes, and ideas that make the author happy in a particular way.

[Stumbling on Happiness](#)

by Gilbert, Daniel Todd

158 GIL

A smart, witty, accessible, and laugh-out-loud funny reflection on human nature brilliantly describes all that science has to tell us about the uniquely human ability to envision the future, and how likely we are

to enjoy it when we get there.

[What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better](#)

by Baker, Dan

158.1 BAK

Profiles unhappiness as a chemical brain response that helped early humans survive, offering advice on how to achieve happiness by retraining brain activity, accepting a painful past, and designing a future.

[You Can Be Happy No Matter What: Five Principles Your Therapist Never Told You](#)

by Carlson, Richard

158.1 CAR

Offers advice for readers to overcome adversity and cope with the challenges and painful aspects of life, and shows how to remove the mental obstacles to one's natural state of happiness through increased self-understanding.