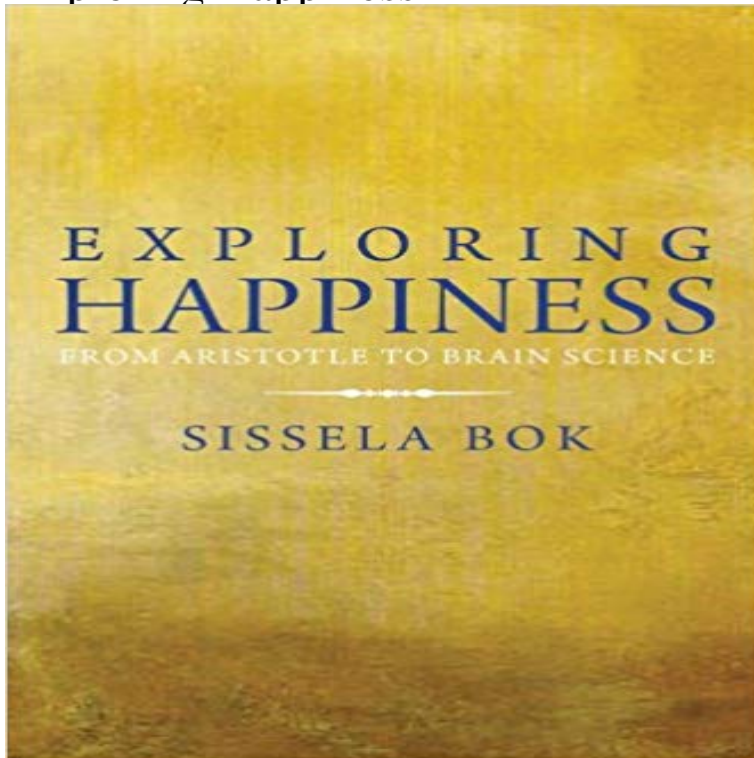


Exploring Happiness



In this smart and timely book, the distinguished moral philosopher Sissela Bok ponders the nature of happiness and its place in philosophical thinking and writing throughout the ages. With nuance and elegance, Bok explores notions of happiness from Greek philosophers to Desmond Tutu, Charles Darwin, Iris Murdoch, and the Dalai Lama as well as the latest theories advanced by psychologists, economists, geneticists, and neuroscientists. Eschewing abstract theorizing, Bok weaves in a wealth of firsthand observations about happiness from ordinary people as well as renowned figures. This may well be the most complete picture of happiness yet. This book is also a clarion call to think clearly and sensitively about happiness. Bringing together very different disciplines provides Bok with a unique opportunity to consider the role of happiness in wider questions of how we should lead our lives and treat one another concerns that don't often figure in today's happiness equation. How should we pursue, weigh, value, or limit our own happiness, or that of others, now and in the future? Compelling and perceptive, *Exploring Happiness* shines a welcome new light on the heart of the human condition.

Exploring Happiness Yale University Press Images for Exploring Happiness Exploring Happiness: From Aristotle to Brain Science: Buy *Exploring Happiness: From Aristotle to Brain Science* by Sissela Bok (ISBN: 9780300178104) from Amazon's Book Store. Free UK delivery on eligible **Exploring happiness: From Aristotle to brain science - International** Buy *Exploring Happiness: From Aristotle to Brain Science* by Sissela Bok (ISBN: 9780300139297) from Amazon's Book Store. Free UK delivery on eligible **Exploring Happiness - Sissela Bok - Complete Review** *Exploring Happiness: From Aristotle to Brain Science*, by Sissela Bok, Yale Sissela Bok's shrewd essay on the understanding of happiness **Exploring Happiness - Barnes & Noble** *Exploring Happiness* has 105 ratings and 10 reviews. Jane said: While this is a relatively short book for such a provocative subject, Bok pulls material **Exploring Happiness - Lifehack** 01:090:294:03 Index# 13347. Professor Sarah Rosenfield W 2:15-5:15PM Hickman Hall Rm 209 Douglass Campus. This course explores happiness, the most **Review - Exploring Happiness - Philosophy** The Action for Happiness course (*Exploring What Matters*) is a unique and inspiring 8-week course to explore what matters for a happy and meaningful life. **Exploring Happiness: From Aristotle to Brain Science Harvard** In her new book, *Exploring Happiness*, Sissela Bok draws from philosophy, psychology, neuroscience and

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