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Most people want to be successful in life. And of course, everyone wants to be happy. When it comes to the pursuit of success and happiness, most people assume the same formula: if you work hard, you will become successful, and once you become successful, *then* you'll be happy. The only problem is that a decade of cutting-edge research in the field of positive psychology has proven that this formula is backwards. Success does not beget happiness.

Based on the largest study ever conducted on happiness and human potential (a survey conducted by the author of more than 1,600 students), Harvard lecturer Shawn Achor shares seven core principles of positive psychology that each one of us can use to improve our performance, grow our careers, and gain a competitive edge at work. He reveals how happiness actually fuels success and performance, not the other way around. Why? Because when we are happier and more positive we are more engaged, creative, resilient to stress, and productive. *The Happiness Advantage* will appeal to anyone who wants practical advice on how to become happier and also more successful.

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Forfatter	:	Shawn Achor
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