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*Kahneman* **How to**

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in your mind:*

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*Happiness*

*Equation by Neil*

*Pasricha - The*

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*AUDIOBOOK* What

Is Happiness All  
About?

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**Stumbling Upon**

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written a book  
about his  
psychological  
research. It is  
called Stumbling

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and reading it  
reminded me of  
that plane ride  
long ago. It is  
a delight to  
read. Gilbert is  
charming and  
funny and has a  
rare gift for  
making very  
complicated  
ideas come  
alive. Stumbling

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Happiness is  
a book about a  
very simple but  
powerful idea.

What

distinguishes us  
as human beings  
from other  
animals is our  
ability to  
predict the  
future--or  
rather, our  
interest in

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Happiness  
predicting the  
future.  
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Note: the title  
reads Stumbling  
On Happiness,  
not Stumbling  
Onto Happiness.  
Thus, Daniel



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Happiness  
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Gilbert's book does not go into self-help. Thus, Daniel Gilbert's book does not go into self-help. Rather, it delineates the many errors we humans make when solidifying decisions and how our minds trick us into

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Happiness  
choosing things  
that might not  
lead us to

happiness in the  
long run.

Stumbling on  
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Gilbert

Now Gilbert has  
written a book  
about his  
psychological

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Happiness. It is called Stumbling on Happiness, and reading it reminded me of that plane ride long ago. It is a delight to read. Gilbert is charming and funny and has a rare gift for making very complicated

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ideas come  
alive. Stumbling  
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What

distinguishes us  
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from other  
animals is our  
ability to  
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future--or

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Happiness. It was published in the United States and Canada in 2006 by Knopf, and has been translated into more than 30 languages. It is a New York Times bestseller .

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Happiness -

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This is my book  
summary of

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Happiness by Dan  
Gilbert. My

notes are

informal and

often contain

quotes from the  
book as well as

my own thoughts.

This summary

also includes

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key lessons and important passages from the book. The greatest ability of the human brain is to imagine, to see the world as it has never been before.

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Happiness by Dan

Gilbert

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Happiness non-

fiction by

Daniel Gilbert.

... As Harvard

psychologist

Daniel Gilbert

explains, when

people try to

imagine what the

future will

hold, they make

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Happiness and  
consistent  
mistakes. Just  
as memory plays  
tricks on us  
when we try to  
look backward in  
time, so does  
imagination play  
tricks when we  
try to look  
forward. ...

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Happiness (non-fiction) by the author Daniel

...

Which means that our day-to-day happiness may be predicated more strongly on little events than on big ones. On its face, this sounds

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preposterous,

but Gilbert

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suggesting...

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Gilbert, author

of "Stumbling on

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challenges the

idea that we'll

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Daniel Gilbert  
be miserable if  
we don't get  
what we want.

Our

"psychological  
immune system"  
lets us feel  
truly happy even  
when things  
don't go as  
planned.

Dan Gilbert: The  
surprising

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to cling onto a  
single, self-  
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scenario,  
excluding  
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possibilities.

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unwilling to use

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psychology,  
neuroscience,  
economics and  
philosophy with  
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Happiness  
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how the human  
brain imagines  
its future - and  
how well (or  
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predicts what it  
will enjoy.

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Happiness is a  
masterpiece work  
by the

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American social  
psychologist

Daniel Gilbert.

It explores how  
our brains work,  
why we make

decisions that  
leave us unhappy  
and guides us to  
make decisions

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idea that we'll  
be miserable if  
we don't get  
what we want.

Our

"psychological  
immune system"  
lets us feel  
truly happy even  
when things  
don't go as  
planned.

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foresight that  
cause each of us  
to misconceive  
our tomorrows  
and misestimate  
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