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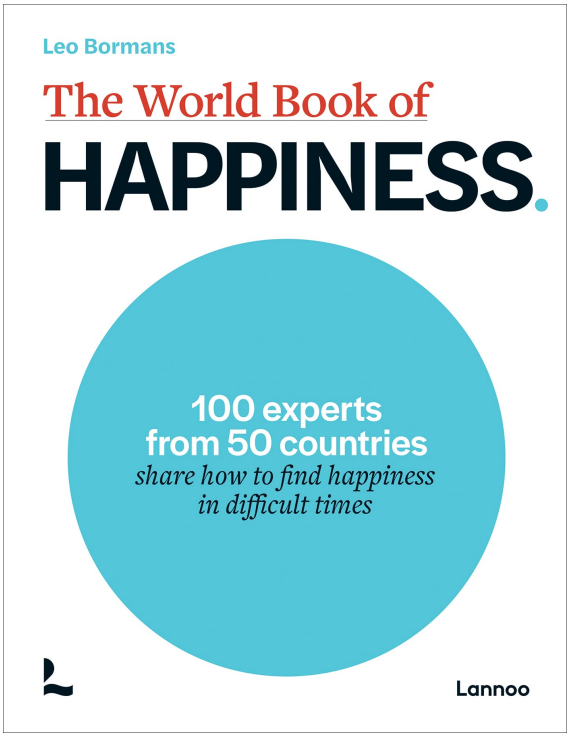

The World Book of Happiness

100 Experts from 50 Countries Share How to Find Happiness in Difficult Times

Leo Bormans

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- Fully revised edition of the worldwide bestseller
- Science-based practices and life-affirming insights to navigate today's reality
- 100 scientists from 50 countries summarize their most recent findings

The virus, the war, the climate, inflation, poverty and loneliness make people feel insecure. In these troubled times, there is more interest than ever for what is truly important in life: happiness, hope and love. What does science teach us today? Are we still allowed to strive towards happiness? And how do we do that? Leo Bormans asked the same question over and over again to a hundred professors all over the world: established names and young up-and-comers. Every scientist briefly summarizes their recent research after which they formulate their insights in one single sentence: the essence. To this they link at least three concrete pieces of advice: for our own lives, for our friends and for society. With contributions from the most prominent experts in positive psychology, such as: Prof. Martin Seligman (University of Pennsylvania), author of more than 20 international bestsellers and the founding father of positive psychology; Richard Easterlin (University of Southern California), one of the most respected and renowned authorities in happiness research, and Prof. Sir Richard Layard (The London School of Economics), one of the most influential voices in the global study of happiness and well-being.

Leo Bormans travels around the world as an 'Ambassador of Happiness & Quality of Life'. He is a researcher, keynote speaker, author and editor-in-chief of *The World Book of Happiness* (first published in 2010) and *The World Book of Hope* (2015). He is a Distinguished Lecturer of Happiness Research at the Erasmus University of Rotterdam.







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