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The Happiness Hypothesis

Finding Modern Truth in Ancient Wisdom

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Jonathan Haidt

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The bestselling author of *The Righteous Mind* draws on philosophical wisdom and scientific research showing how the meaningful life is closer than you think. *The Happiness Hypothesis* is a book about ten Great Concepts. Award-winning psychologist Jonathan Haidt, the writer of *The Righteous Brain*, shows how a deeper understanding of the world's philosophical wisdom and its own enduring maxims--like "do unto others as you'll have others do unto you," or "what doesn't kill you enables you to stronger"--can enrich and even transform our lives. Each chapter can be an attempt to savor one proven fact that has been found out by many of the world's civilizations--to query it in light of what we now understand from scientific research, also to extract from it the lessons that still connect with our contemporary lives and illuminate the sources of human flourishing.



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I truly loved the book. And to the extent that this quest is essential, a particular criticism of the Western sages is definitely that their valorization of reasoned insight as a freedom producing tool will not accord with this modern understanding of the mind. "Where does happiness come from? There are many different "happiness hypotheses. Some interesting information within, but not readable. Some interesting information in this book, but this was among the driest books I've ever read. This book is on the mark. A fresh spin on old advice perspective. Just offers a few good means of how to view life. This historic idea deserves respect, in fact it is certainly accurate that changing your mind is usually a more effective response to frustration than can be changing the globe. However, I will present evidence that this second version of the joy hypothesis is wrong. Recent research shows that there are several things worth striving for; there are some external conditions of existence that can make you lastingly happier. Cognitive Therapy - It functions. He thinks that adversity tends to be most profitable if experienced when one is definitely in his/her 20's. I'll suggest that the joy hypothesis offered by Buddha and the Stoics should be amended: Happiness comes from within, and pleasure comes from without. We are in need of the assistance of both ancient wisdom and modern science to find the balance right. Haidt also highlights that people all have a set stage of happiness (a range) and lean toward pessimism or optimism. I usually do not drive myself to complete a publication, but I kept at it since it had some exceptional suggestions to ponder. Haidt also thinks evolutionary pressures have certainly contributed to frequently joyless "rat competition" pursuits and their accompanying concerns: "the elephant cares about prestige, not pleasure. :) Jonathan Haidt is definitely a respected positive psychology researcher/professor at the University of Virginia which book is an incredible look at ten "Great Ideas" from historic wisdom that he brilliantly analyzes in the light of modern science while assisting us apply the very practical stuff to your 21st century lives. If I could just lose fat, if I could just change careers, if I could simply buy a home, if I could just find a loving boyfriend, and so on. If this Be aware resonates with you, I *definitely* think you'll love the book.

2. Meditation - The magic pill. And utilizing the scholarship of Mihalyi Csikszentmihalyi, he points to activities that promote "flow" as part of the happiness equation as well. Haidt is a well known defender of free speech at the University level who laments the stultifying effects of PC orthodoxy on intellectual inquiry; I put it up now there with Sonja Lyubomirsky's How of Joy and Tal Ben-Shahar's Quest for Perfect and Happier as some must-examine positive psychology goodness. Haidt sees this Stoic and Eastern quest for serenity through acceptance as having helpful factors, but considers it as just part of the pleasure equation.

5. Here are a few of the Big Ideas:

1. Good read An insightful read I enjoyed reading this book. Among these conditions can be relatedness the bonds we form, and need to type, with others.

3. Pulling the Splinter - The joy of taking responsibility. Let's get clear on our ultimate purpose and move toward it, lest we part of other people's elephant poop, yo! SPOILER ALERT - that isn't what this is. Learn more at [brianjohnson.me](#). For Haidt, vital engagement is another way of saying that work is becoming love made visible. Although notion that the mind is divided is hardly novel, Haidt provides a thought provoking, scientifically updated and defensible interpretation of the point of view. Meaningful relationships are essential for Haidt, and by discovering attachment theory, he especially argues for companionate like as a condition that definitely bolsters joy. The rider represents rationality (a controlled procedure), which has evolved to provide the elephant, which represents everything else (automatic processing such as intuitions, instincts and visceral reactions. Very Insightful Have got learned allot about how exactly we instinctively function and process. The overriding metaphor of the book involves portraying your brain as an elephant and its rider, which Haidt uses to explore the insights of evolutionary psychology. Haidt sights the idea that "there is absolutely nothing either good or bad, but thinking makes it so" as the root of much historic wisdom.

Epiphanies - And lasting change. Though I'm sure Haidt wouldn't normally dissuade a reader from tackling Marcus Aurelius or Boethius, he prefers cognitive behavioral therapy as a scientifically updated version of Boethius-like cognitive reframing activities that takes account of the effective Elephant and its tendency-

as seen through our advanced negativity bias-to be end up being pessimistic. As Haidt places it: "Cognitive therapy works since it teaches the rider how to train the elephant rather than how to defeat it straight in an argument. Well-written, to the idea, visible, educational and pithy. Haidt also is a supporter of SSRI's like Prozac, and thinks that since our affective style-which reflects the balance of power between our approach and withdrawal systems-turns out to become largely genetically identified (though meditation and cognitive therapy shows there is actually some space for self-improvement), SSRI's can advantage some losers of the "cortical lottery" who usually might have not a lot of prospects for rest from depression, anxiety and so on. Haidt highlights that group life is usually enabled to an excellent degree by reciprocal "tit for tat" strategizing, and says such behavior is absolutely critical for personal happiness. However, there are problematic problems. Seeming to be a good team participant is more practically essential than the reality, and persuading others of our great intentions works better when we believe of these intentions ourselves regardless of the details. Haidt notes "we are well-armed for fight in a Machiavellian globe of popularity manipulation, and among our most important weapons may be the delusion that people are noncombatants. He didn't accept them without problem and altered them to reflect new acquiring in psychology and neuroscience. Haidt explores principles like the inner lawyer, the rose-shaded mirror, naive realism, and the myth of genuine evil to argue that people have come built with evolved cognitive processes that predispose us to hypocrisy, self-righteousness, and moralistic conflict. Haidt does a fantastic job of detailing how riding our passionate elephants influences our lives. Haidt thinks that adversity is essential for helping people to reassess and make meaningful alterations in their lives, and to develop higher coherence across what he will take to be the three levels of personality (basic characteristics, characteristic adaptations, and existence story), which promotes human flourishing. Very educational. Haidt acknowledges, though, that one may experience too much adversity, and that it could strike at unhelpful stages in existence. I'll present analysis showing where love originates from, why passionate like always cools, and what kind of love is "accurate" like. Though Haidt doesn't talk about it in his publication, an obvious application here pertains to college campuses. The Elephant - Figure out how to trip your elephant! If everyone could reach stage X and be happy, there might be no inspiration or desire to proceed further. Accordingly, Haidt emphasizes the importance of cross-level coherence between your physical, psychological, and sociocultural realms for creating a sense of meaning conducive to happiness. A stoic or an Eastern sage would define the pleasure equation as simply $H=S+U$, with the voluntary activities in question being those that promote serene acceptance, thus enhancing S. And his very own academic career strikes me as an example of the vital engagement he valorizes. Crucial this is actually the distinction between automatic and controlled processes. The Rider & Summing up, if what one might call "the wisdom of the East" taught that pleasure was to be found within, Haidt says that it's to be found within and without, though we need to be very discerning about where you can search for it outside ourselves. Haidt refines his outlook on happiness even further. We can find love in romantic relationships and strive to find flow-ideally in our work-but Haidt will go further by speaking of "vital engagement," a relationship to the world that is characterized both by experiences of flow and by meaning. Haidt's vital engagement prioritizes journey over destination, an outlook that accords well with what he has to state about the effectance motive and the related progress principle. Wonderful Jonathan Haidt is a thinker who seeks harmony where possible, and his book The Pleasure Hypothesis strives to attain a fruitful balance between ancient wisdom and modern science, between East and West, and between liberalism and conservatism. This publication combines science, religious texts, and ancient suggestions to explain how everything we think we realize about happiness is just about wrong." since vital engagement exists in the relationship between your person and the environment, this right relationship isn't entirely up to the average person. Haidt provides a Joy equation, $H=S+C+U$, where S stands for the biological set stage (the affective style, which can be altered to a degree), C means conditions (a few of which are inalterable and others which can be changed), and U

stands for voluntary actions. The liberal atheist Haidt-he has since started contacting himself a political centrist- therefore appreciates conservative, durkheimian insights in to the importance of "community" for individual flourishing, views the "personality" method of ethics as superior to the very long dominant rationalist "quandry" strategy, sees virtuous behavior as conducive to joy, conceives of the perception of the "divine" as natural to man and as ennobling, whether or not or not God actually is present, and writes appreciatively of the task of David Sloan Wilson concerning religion as a evolutionary group adaptation designed to promote cross-level coherence. Haidt thinks the scientific community should accept religiosity as a normal and healthy aspect of human character, and that maybe nonreligious people can learn something from religious people, whether or not they believe in God. Haidt's reserve was a pleasure to learn, and has spurred my interest concerning many authors and texts he weaves into his argument. This makes sense from an evolutionary standpoint for the reason that we should continuously strive to be "better" to create ourselves more competitive and produce more lucrative offspring. Haidt builds upon this beginning, however, insisting that yes, there are circumstances and other voluntary activities that matter. The Happiness Hypothesis should be utilized by people if they are getting into territories unfamiliar as their very own and it could lead to understanding your opponents much better than you had previously. Happiness is Fleeting - and that's Okay! I've struggled with chasing happiness for a long period, and realized that each time I *thought* there is something I could do or buy to be happy, it could provide little to no relief to my unhappiness. It's a great blend of intellectual rigor, philosophical wisdom and nuts and-bolts practicality that I recommend. I saw joy as an end-goal, and bought this publication to try and find the magical formulation to make my entire life complete. :) Even more goodness including PhilosophersNotes on 300+ books in our ?*OPTIMIZE*? membership system. Haidt's revised outlook on pleasure is certainly that it "comes from between; We believe we won't be as content as someone else who is more attractive or rich, and that anyone much less attractive or rich than ourselves is certainly not as content as we are. We observe ourselves as that middle floor, constantly striving to be more like those "above" us and much less like those "below" us, but it is certainly all in vain. We might be happy when we strike that weight-loss goal or get a advertising, but we soon become accustomed to that part of existence and our pleasure returns to a set-point. Furthermore to opening fresh vistas and providing meals for believed over a host of topics, evolutionary psychology in Haidt's hands helps support time honored the different parts of the "good lifestyle" such as family, vocational calling, faith, and community. if he's right about the 20's being the best time to see post-traumatic growth, than you can also criticize Personal computer "snowflake tradition" on the contemporary university campus as one factor inhibiting personal development because of excessive sheltering. This book truly transformed my perspective on joy and motivated me for more information about the subject matter. I can honestly state that I am a happier person for reading it." 1 is that happiness originates from getting what you want, but everybody knows (and study confirms) that such happiness is short-lived. He talks a lot about post traumatic growth-and he thinks that insight if taken significantly offers profound implications for how exactly we structure our society and our lives. Enables you to wanna read the whole publication, eh?) The rider and elephant work best when they interact, and the rider can influence the elephant, however the rider is not really in control, and Haidt elaborates how and why the conversation between rider and elephant is frequently dysfunctional.4. Everyone can gain something out of this book since it poses questions without definitive answers but works to ponder some of life's questions and potential clients to self-reflection. This book is definitely worth a read. That you can do some things to become more happy and resilient Haidt identified some of the common teachings over the ages and focused on those that were most repeated." This applies both to people as individuals also to persons to the degree they identify as people of groups. So the stoic teaching that you can only be suffering from those things within your control, and the ones basically being your thoughts and how you mold your personality. Haidt adjusts this by stating that we now have actions that we can take to increase

our happiness or even to at least help us become more resilient. Things like maintaining a strong social network, focusing on experiences instead of objects, and having stream type challenges in life will all increase our pleasure and fortify us against adversity.”~ Jonathan Haidt from The Happiness Hypothesis That’s officially the longest intro quotation of any of the Notes We’ve created up to now but OMG. There is a kot in this publication that suggests that we are able to possess meaningful control over our joy. My problem with the book is with the use of evolutionary psychology to describe things like altruism. I have always experienced that adding group survival is a way of moving the goal posts in order to retain development as the primary force in all biological phenomena. Must read A very thorough and thoroughly enjoyable read! Draws on insights from both science and religion. Readable and digest. A more promising hypothesis is definitely that happiness comes from within and cannot be obtained by producing the world conform to your desires.” Haidt can be a big fan of meditation, an ancient practice that tames and calms the elephant directly. I thought it had been a great read. Deep insight regarding what motivates our convictions Great browse.”Pursuing happiness necessitates getting alert to and dissatisfied with the various self-promoting games most of us tend to play-see his dialogue regarding the progress and adaptation concepts and the resulting poor relationship between environment and happiness-and striking away in a fresh direction. This really opens up the capacity for us to realize our motivations and setbacks. This idea was widespread in the ancient globe: Buddha in India and the Stoic philosophers in ancient Greece and Rome all counseled visitors to break their psychological accessories to people and events, which are often unpredictable and uncontrollable, and to cultivate rather an attitude of acceptance.. really spoke to me.. really good read with great metaphors and enlightening advice.



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