

"This brilliant book is chock-full of unexpected findings, revelatory insights,  
and comforting wisdom about aging, happiness, and the stages of life."

—SCOTT STOSSEL, *author of My Age of Anxiety*

# THE HAPPINESS CURVE



WHY LIFE GETS BETTER  
AFTER 50

JONATHAN RAUCH

Jonathan Rauch

## The Happiness Curve: Why Life Gets Better After 50



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"In this warm, sensible, and witty overview, Jonathan Rauch combines evidence and experience showing his fellow adults that the very best is however to come. And, most importantly, does it ever end? His own story and the tales of many others from all walks of lifestyle—from a steelworker and a limo driver to a telecoms executive and a philanthropist—show the way the ordeal of midlife malaise reboots our values and even our brains for a rebirth of gratitude. Rauch reveals that slump is instead an all natural stage of life—and an important one. Where does this malaise result from?"

—Steven Pinker, bestselling author of *Enlightenment Now*

This reserve will change your life by showing you how existence changes. Drawing on cutting-edge research, award-winning journalist Jonathan Rauch answers all these questions. In addition, it demonstrates how exactly we can—and why we must—do even more to help each other through the woods. This isn't a midlife crisis, though. Why perform you feel in a slump when you're effective? By shifting priorities from competition and toward compassion, it equips you with fresh tools for wisdom and gratitude to earn the third amount of lifestyle. And Rauch can testify to the personally since it was his own slump, despite acclaim as a journalist and commentator that compelled him to investigate the happiness curve. Why does pleasure get harder in your 40s? Full of insights and data and featuring many methods to endure the slump and steer clear of its perils and traps, *The Happiness Curve* doesn't just show you the dark forest of midlife, it can help you find a path through the trees. He implies that from our 20s into our 40s, happiness follows a U-formed trajectory, a "pleasure curve," declining from the optimism of youth into what's ordinarily a long, low slump in middle age, prior to starting to rise again in our 50s. Midlife is certainly a trip we mustn't walk alone.



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a bit disappointed in your 40s Interesting and heartening premise: that life fulfillment dips in one's 40s then goes back up, and that this is true across gender, income, nationality, and even primate species. I have needed this publication. It fascinatingly and persuasively weaves together material from multiple different sources: analysis from a range of scientific and public scientific fields;. Everyone, regardless of age, should read this reserve.. Rauch, for such a great gift!). happiness looms In one of our leading open public intellectuals who has written path-breaking books to defend free inquiry, promote gay relationship, and propose methods to improve our fractured politics comes perhaps his most important work of most -- a clear, concise, cogent, and compelling exploration of this most elusive of goals: happiness. The most crucial guide to your daily life you will ever read This is without question the most important book I have ever read (and I've lost count within my age of just how many books, thousands. If you're well under 50, it will warn you of potentially rocky times forward, and if you are OK, you'll finally understand what you more than likely have lived through but couldn't clarify what or why you experienced the way you did. I'm grateful for the study but especially for the encouragement Rauch presents in his candor about his personal experiences. To state it's a tour de push is not to do it justice. Whatever prizes this reserve should win, it should win (though the author will let you know why the good feeling he'll earn out of this will end up being fleeting). There are related lessons for the rest of us. It brought a new bent on my entire life along with joy in realizing the many stages I experienced and understanding those stsges. What is incorrect with me? Written just like a detective novel, but non-fiction, Rauch cleverly and powerfully combines insights from economists, psychologists and other experts to address a question that has baffled mankind for a long time -- which is why a lot of people feel worse because they age (having nothing related to their health, income, cultural status) and then more or less around 50 begin to feel more satisfied with their lives. From his personal experience and that of many others with whom he spoke, Jonathan Rauch explains why we endure a mid-life slump in our outlook, but a single that's thankfully followed nearly invariably by a happier feeling after we pass age group 50. Rauch reassures us our slump has less related to objective fact -- the accomplishments of our lives to that point -- and more related to the standard rhythms of human existence. Rating: Four-star (I like it) Wonderful book. That is a marvelous, beautifully written, uplifting work of analysis and reality, passion and humanity. Browse it -- now. You will be glad that you did. A Balm for Midlife Thrilled to observe my pre-ordered electronic duplicate come in my Kindle library early today, I started reading The Happiness Curve over coffee before function and you will be sneaking into a conference space to read more over my lunch hour. Nevertheless, he acknowledges that his sources are skewed toward the high achieving and professional American and is normally this ever accurate. I am presently in the trough of the curve, eager to become on an upward trajectory but conscious that I am being changed in necessary ways. This book is certainly a masterpiece, and one you can't deposit once you start. Wise authors have helped me understand the question itself is simply a sign of significant natural switch. Having patience with the process has been difficult for me. Don't despair; is definitely a frequent idea. What our culture has historically called "midlife crisis" has for me personally been more of a slow, constant sloughing away of the habits, beliefs, and preoccupations of the first half of life as the gifts of the next half beckon if you ask me in dreams and precious moments of insight. The Pleasure Curve is a welcome addition to my library of midlife handbooks, resources of comfort and inspiration. Regardless of what stage readers might be at on the age-related "pleasure curve," this publication provides welcome insights that should augment readers' understanding of their past existence trajectories and inspire their potential life paths.. Natural The center stage of life has frequently been known as a "crisis." Using lots of data in a book titled, The Joy Curve, Jonathan Rauch describes this component of life as a natural and important slump that

leads to an incline toward higher pleasure. One friend of mine a long time ago called his midlife transition a period of "values clarification." Rauch would agree. If you're in a midlife slump, rest. It gets better. Browse the book and understand how and just why. And he offers us wish, backed by extensive research, that better times are ahead for us as we age. A Repurposed Life As a professional ready to retire after 44 years of work, I have come to realize many of the truths lay out by Rauch in this thoughtful publication. Everyone in their 40s should read this publication! Great data! When I first thought of retirement a few years back, I panicked, and fell right into a deep depressive disorder. Additionally, there are interesting items of random data on happiness, like the fact that the amount of servings of fruit and veggies a person eats daily seems straight correlated with happiness amounts. I will retire in just a few days, and now view it as the beginning of independence, not the finish of meaningful work. But from there on, we focus more on things that really make us content, such as close friends and family, and our happiness keeps exceeding expectations. Read this before you are 50 Based on this title along you may be less than the impression that book focuses on the benefits you enjoy together with your post-50 outlook on life, which is one possible take away. However, a significant point is that this uptick in satisfaction is usually preceded by an inflection stage typically in your 40's marked by dissatisfaction and malaise that is tied to age rather than any external cause. Knowing of this normal developmental experience can convenience a whole lot of suffering we are able to experience during this time period. And having some framework for thinking about this process can make it easier to discuss. A wise and inspiring guide to joy and fulfillment we ought to expect from mid-life on This book embodies and imparts something that it illuminatingly explicates and celebrates: wisdom. If ambitious and fun-loving in your 20s, busy and very successful in your 30s, a bit disappointed in your 40s, but increasingly content and suddenly alert to the others of humanity beyond 50 isn't your life trajectory, you might feel this publication is a bit shallow and apparent. insights from artwork, literature, and philosophy; and the personal experience of the writer himself in addition to that of people he understands and others he interviewed. Thank you, Mr. Jonathan Rauch is not only an accomplished researcher and initial thinker, but also a skilled writer. This wise function is a perfect birthday present for adults of most ages! So true!! Old is better! This is largely due to the fact that the youthful are typically unrealistically optimistic in what they can achieve and, in the 40s, realism finally hits. Good description of what I've noticed. However, if your life is definitely quite fab and you find yourself concerned at 48 that you will be sliding into a never ending funk with diminishing reason to live for the others you will ever have, then postpone on the divorce/motorcycle/alcoholic beverages for at least provided that it takes to read this reserve...you get happier the older you get! A Very Persuasive Argument Rauch demonstrates, thorough almost every data and anecdotal source he will get, that age is normally a central element in one's happiness. We typically do okay in our 20s and 30s, experience a sharp dip in the 40s, and become happier each 10 years onwards from 50 or so. Easy to read. I recommend that people considering pension read it now--it can help tremendously. The books makes a compelling case, and I couldn't prevent reading it through the majority of the first half. By talking about my fears with my wife and friends, I began to see the possibilities of life's next stage. Rauch appears in great depth at the complexities for this along with the many ways the pattern plays out, and also the fact there are some variations. The later sections, often involving what we can do to create midlife easier also to support older adults, were often less interesting to me. Happiness We enjoyed reading this quite definitely. Don't wait, buy this book, read it, and bask in the glow. I anticipate my future with the reality of what pleasure is.



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