



Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment

By Martin E. P. Seligman

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A national bestseller, *Authentic Happiness* launched the revolutionary new science of Positive Psychology—and sparked a coast-to-coast debate on the nature of real happiness.

According to esteemed psychologist and bestselling author Martin Seligman, happiness is not the result of good genes or luck. Real, lasting happiness comes from focusing on one's personal strengths rather than weaknesses—and working with them to improve all aspects of one's life. Using practical exercises, brief tests, and a dynamic website program, Seligman shows readers how to identify their highest virtues and use them in ways they haven't yet considered. Accessible and proven, *Authentic Happiness* is the most powerful work of popular psychology in years.

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Editorial Review

From Publishers Weekly

In his latest user-friendly road map for human emotion, the author of the bestselling *Learned Optimism* proposes ratcheting the field of psychology to a new level. "Relieving the states that make life miserable... has made building the states that make life worth living less of a priority. The time has finally arrived for a science that seeks to understand positive emotion, build strength and virtue, and provide guideposts for finding what Aristotle called the 'good life,'" writes Seligman. Thankfully, his lengthy homage to happiness may actually live up to the ambitious promise of its subtitle. Seligman doesn't just preach the merits of happiness e.g., happy people are healthier, more productive and contentedly married than their unhappy counterparts but he also presents brief tests and even an interactive Web site (the launch date is set for mid-August) to help readers increase the happiness quotient in their own lives. Trying to fix weaknesses won't help, he says; rather, incorporating strengths such as humor, originality and generosity into everyday interactions with people is a better way to achieve happiness. Skeptics will wonder whether it's possible to learn happiness from a book. Their point may be valid, but Seligman certainly provides the attitude adjustment and practical tools (including self-tests and exercises) for charting the course.

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Review

Cheryl Richardson author of *Stand Up for Your Life Authentic Happiness* is one of the most important books of our time. It offers a powerful message of hope for millions who long for a deeply satisfying life. Highly accessible and filled with practical advice, if you read it and use it, it will change your life.

From the Inside Flap

Advance Praise for Authentic Happiness

"Authentic Happiness is an excellent book about emotions that are vital, positive, and lend great strength to our lives. Martin Seligman, a pioneer in the field of positive emotions, has written a book that will make a real difference to many people."

—Kay Redfield Jamison, author of *An Unquiet Mind*

"A revolutionary perspective on psychology, Seligman's *Authentic Happiness* is a beacon for human behavior in the new century. Laypersons and professionals alike will find this book enormously enriching. It summarizes a huge literature, it provides concrete self-assessment tools, and it speaks with a joyful voice about what it means to be fully alive."

—Mihaly Csikszentmihalyi, author of *Flow: The Psychology of Optimal Experience*

"Martin Seligman is one of the most original thinkers the social sciences have produced in our century. *Authentic Happiness* is a fascinating, compelling look at a body of ground-breaking research. An important book."

—Jonathan Kellerman

"A highly insightful scientific and personal reflection on the nature of happiness, from one of the most creative and influential psychologists of our time."

—Steven Pinker, Peter de Florez Professor of Psychology, MIT, and author of *The Language Instinct*.

"To read this book is to walk with your head floating in clouds of possibility while your feet tread firmly on

the ground of scientific research. Dr. Seligman gives us the tools to tap into our greatest strengths, so that we can live more joyously while making a greater contribution to loved ones, work and community."

—Joan Oliver Goldsmith, author of *How Can We Keep from Singing: Music and the Passionate Life*

"At last, psychology gets serious about glee, fun and happiness. Martin Seligman has given us a gift—a practical map for the perennial quest for a flourishing life."

—Daniel Goleman, author of *Emotional Intelligence*

"Seligman takes the best, most recent science in psychology and applies it to our oldest, most basic human questions—how can we be happy? And how can we be good? His book is ground-breaking, heart-lifting and, most importantly, deeply useful. With pun intended, I'm optimistic about its success."

—Mary Pipher, author of *Reviving Ophelia*

"An amazing book! Absolutely full of practical wisdom and its authentic sources. What depth of understanding! Seligman affirms our power of choice with a perspective on old and new psychology I found compelling and fascinating. This book will help restore the Character Ethic."

—Dr. Stephen R. Covey, author of *The 7 Habits of Highly Effective People*

"The Constitution may guarantee the right to pursue happiness, but it doesn't offer clear paths to follow through the wilderness. Seligman does. By turns smart, funny, irreverent, and insightful, he is the perfect guide, someone who can make such a difference in life, and lives. A world hungry for happiness will love his new book."

—Diane Ackerman, author of *A Natural History of the Senses*

Users Review

From reader reviews:

Will Guertin:

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite e-book and reading a reserve. Beside you can solve your problem; you can add your knowledge by the guide entitled *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. Try to face the book *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* as your good friend. It means that it can for being your friend when you feel alone and beside that course make you smarter than before. Yeah, it is very fortuned in your case. The book makes you considerably more confidence because you can know anything by the book. So, we should make new experience as well as knowledge with this book.

Ruben Jenkins:

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you demo of critical thinking that could it useful in your day activity. So , let's have it appreciate reading.

Stephen Adams:

In this period globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The particular book that recommended to your account is *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* this book consist a lot of the information from the condition of this world now. This book was represented how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. Typically the writer made some study when he makes this book. That is why this book appropriate all of you.

Travis Berry:

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