

CYNTHIA'S BOOK REVIEW FOR BUSINESS PROFESSIONALS

What Happy People Know, by Dan Baker, Ph.D. and Cameron Stauth, is an absolute must-read book.

According to the authors' research, happiness is a "relatively rare quality". In a recent study, 67% of the Americans surveyed described themselves as living an almost joyless lifestyle. America has become a society largely characterized by the fear of not *having* enough or not *being* enough. Deeply rooted in the physiology of our brains is the fact that if one is fearful, one cannot be happy.

The great news is that we can learn to be happy. The authors define happiness as a condition resulting from twelve essential Happiness Qualities. The list includes optimism, love, perspective, and health. There are six Happiness Tools (e.g., choice, appreciation) that can be used to strengthen the qualities needed for happiness, and five Happiness Traps (e.g., thinking you can buy it) to be aware of when venturing toward true happiness.

The real value of this book is that each list is accompanied by a thorough description of the items on the list. Also, a sense of what happiness really looks like is shown through examples and patient cases such as:

- a talented teacher who struggles with defining happiness and success for herself when she's up for a big promotion while also dealing with some serious health issues,
- an executive whose entire employee population, including his son, was killed in the 9/11 tragedy, and
- several other people who have allowed their challenges to be shared to help others.

Everyone can benefit from a deeper understanding of what happiness is, how it can be attained and maintained, as well as pitfalls to avoid. Reading this book is as uplifting and fulfilling as watching a movie where the hero overcomes seemingly insurmountable odds or the underdog prevails. Make What Happy People Know a book you read this year and, then, more importantly, apply your learning from it.

"BRINGING RESOURCES TOGETHER TO
ACCOMPLISH BUSINESS GOALS."