

The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom

Jonathan Haidt



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The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom Jonathan Haidt In his widely praised book, award-winning psychologist Jonathan Haidt examines the world's philosophical wisdom through the lens of psychological science, showing how a deeper understanding of enduring maxims-like Do unto others as you would have others do unto you, or What doesn't kill you makes you stronger-can enrich and even transform our lives.

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