

The Happiness Paradox

author: Richard Eyre

2026-07

Synopsis

author	Richard Eyre
readBy	Paul Stefano
inLanguage	english

New York Times number-one best-selling author Richard Eyre contends that the three things today's society desires most - control, ownership, and independence - are, paradoxically, what bring the most discouragement and unhappiness in our lives. Providing a mind-changing exploration of the inherent problems with our fixation on material possessions, control over our lives, and independence from others, Eyre responds with a unique and engaging counterpoint of how to switch to the joy-giving alternatives of serendipity, stewardship, and interdependence and thus live a more verdant and abundant life.

The first half of *The Happiness Paradox* explores today's challenges to happiness. The second half of the book explores *The Happiness Paradigm: How a New View Can Turn Your Life Right-Side Up*. Eyre, author of *Teaching Your Children Values*, *The Entitlement Trap*, and *The Turning*, uses his engaging and highly personal style to walk us through a mental paradigm shift that can change our lives. An impactful and illuminating exploration of how what we seek impacts our well-being, *The Happiness Paradox/The Happiness Paradigm* is one of the most unique books ever written about our search for lasting joy.

Reader's comments

comment 1:

â€"â€" ()