

# The Science of Happiness

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## Synopsis

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inLanguage	english

The world is filled with people who indulge their every whim, but suffer greatly with anxiety and depression. Why can't they just live their lives, and enjoy themselves? Something else other than freedom of choice and the means to indulge our desires must govern our emotional health and wellbeing. Indeed, research confirms that human beings make consistently inaccurate prediction about what will make them happy. *New York Times* bestselling author, Dr. David J. Lieberman explores the secret to happiness; and shows listeners how they wake up happy each and every day, for the rest of their lives. Listen to *The Science of Happiness* now, and look forward to a happier tomorrow.

## Reader's comments

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