

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Defining Happiness</i>	9
Chapter 1: Anyone Can Be Happy.....	11
Chapter 2: The Recipe for Happiness.....	27
Chapter 3: Knowing What Happiness Isn't	39
Chapter 4: Seeing Happiness as a Sign, Not a Symptom.....	49
<i>Part II: Personality Attributes That Lead to Happiness</i>	59
Chapter 5: Optimism	61
Chapter 6: Hardiness	73
Chapter 7: Conscientiousness.....	87
<i>Part III: Behaving Your Way toward Happiness</i>	97
Chapter 8: Getting into Flow	99
Chapter 9: Finding Benefit in Life's Challenges.....	113
Chapter 10: Living a Coherent Lifestyle.....	125
Chapter 11: Making a Daily Confession.....	137
Chapter 12: Putting On a Happy Face	147
<i>Part IV: Striking the Right Balance</i>	159
Chapter 13: Hassles versus Uplifts	161
Chapter 14: Structure versus Freedom	171
Chapter 15: Work versus Play	183
Chapter 16: Socialization versus Solitude	197
Chapter 17: Selfishness versus Generosity.....	207
<i>Part V: Achieving Happiness in Key Relationships</i>	217
Chapter 18: At Work	219
Chapter 19: At Home	239
Chapter 20: In Intimate Relationships	251

<i>Part VI: The Part of Tens</i>	265
Chapter 21: Ten Ways to Raise a Happy Child.....	267
Chapter 22: Ten Roadblocks to Happiness	279
Chapter 23: Ten Things You Can Do Today to Foster Happiness in Your Life.....	289
Chapter 24: Ten Thoughts That Lead to Happiness.....	299
<i>Appendix: Resources</i>	307
<i>Index</i>	313

Table of Contents

.....

<i>Introduction</i>	1
About This Book	1
Conventions Used in This Book.....	2
What You're Not to Read.....	3
Foolish Assumptions.....	4
How This Book Is Organized	4
Part I: Defining Happiness.....	4
Part II: Personality Attributes That Lead to Happiness	5
Part III: Behaving Your Way toward Happiness	5
Part IV: Striking the Right Balance.....	5
Part V: Achieving Happiness in Key Relationships	5
Part VI: The Part of Tens.....	6
Icons Used in This Book	6
Where to Go from Here.....	6
<i>Part I: Defining Happiness</i>	9
Chapter 1: Anyone Can Be Happy	11
Happiness: The Universal Emotion	11
Happiness from the Individual Perspective.....	12
The Demographics of Happiness.....	14
Age	15
Marital status.....	15
Education level.....	16
Happiness at Each Stage of Self-Actualization	16
Looking at the Benefit of Positive Emotions	17
Broadening your focus and expanding your thinking.....	17
Improving your ability to problem-solve.....	19
Building physical, intellectual, and social resources	19
Counteracting negative emotions.....	20
Protecting your health	21
Achieving Happiness Isn't Always Easy.....	22
Being mindful.....	22
Lingering in the moment.....	22
Being happy about being happy	23
How Happy Are You?	25
Chapter 2: The Recipe for Happiness	27
The Four Basic Ingredients	28
Safety	28
Satiation	29

Perspective 30
 Quietude..... 30
 The Rest of the Mix 31
 Satisfaction 31
 Pleasure..... 32
 Gratitude 33
 Serenity 34
 Well-being 34
 How Close Are You? 35

Chapter 3: Knowing What Happiness Isn't 39

What Money Really Buys 40
 Comfort 40
 Support..... 41
 Freedom 41
 The Elixirs of Modern-Day Life..... 42
 Power..... 42
 Success..... 43
 Excitement 44
 The Problem with the Abundant Life..... 45
 Happiness Is Not a Life-Transforming Experience 46

Chapter 4: Seeing Happiness as a Sign, Not a Symptom 49

Feedback from Your Nervous System..... 50
 The “e” in your emotion..... 51
 Sad, mad, and glad..... 51
 There’s No Such Thing as Too Much Happiness..... 52
 Being in Sync with Your Surroundings 53
 Happiness is a sign that you’re in the right place 54
 Happiness is a sign that you’re with the right people 55
 Happiness is a sign that you’re doing the right thing 55
 Happiness is a sign that you’re doing
 things for the right reasons 56
 Never Pass Up an Opportunity 57

Part II: Personality Attributes That Lead to Happiness.... 59

Chapter 5: Optimism 61

What’s So Good about Optimism?..... 61
 How Optimistic Are You? 65
 Happiness: A Self-Fulfilling Prophecy..... 67
 Can’t never could..... 67
 I think I can, I think I can 68
 Winning the Battle of Negative Expectations..... 69
 Moving Beyond Pessimism..... 70

Chapter 6: Hardiness 73

The Recipe for Hardiness 74
 Control 74
 Commitment 76
 Challenge..... 77
 How Hardy Are You? 79
 Transformational Coping..... 82
 Hardy is as hardy does..... 82
 The best and worst of times..... 83

Chapter 7: Conscientiousness 87

Are You Living an Honest Life? 88
 How Engaged Are You? 91
 Examining Ethics 93
 Are You a Conscientious Objector? 94

Part III: Behaving Your Way toward Happiness 97

Chapter 8: Getting into Flow 99

Where Flow Lives: Identifying the Best Moments of Your Life..... 100
 Understanding Who You Really Are..... 102
 The importance of taking a bad job 103
 How to avoid a midlife crisis 104
 Being Happy Today — Not Next Week, Next Month, or Next Year..... 105
 The dessert theory of happiness 106
 Waiting for the ship that never came in..... 106
 Pursuing What You Want, Not What You Have 107
 Getting into Flow: A Four-Step Process 109
 Step 1: Identifying your sources of flow..... 109
 Step 2: Taking the plunge..... 111
 Step 3: Giving yourself enough time..... 111
 Step 4: Making flow a regular part of your day 112

Chapter 9: Finding Benefit in Life’s Challenges 113

Having the Right Perspective..... 115
 Asking yourself whether the sky really is falling 115
 Being optimistic 116
 Asking the Right Questions 117
 What can I do now that I couldn’t do before? 117
 Why have I been given this opportunity? 118
 Am I up to the challenge?..... 119
 Making Sure You Realize the Benefit..... 119
 Redirecting your energies..... 119
 Forging closer ties to those around you 121
 Making the necessary adjustments 121
 Making a revised life plan 122

Chapter 10: Living a Coherent Lifestyle 125

Coherence = Confidence	126
Coherence Isn't One Thing, It's Many	127
Diversifying your life	128
Understanding how coherence changes with age	129
What to Do When Coherence Is Disrupted	130
Have a heart-to-heart with a higher power	131
Set aside the unanswerable questions of life	132
Know how to begin and end each day	133
Count your opportunities and blessings	133
Making Sense of Life: The Core Components	134
Order	134
Affiliation	135
Meaning	136

Chapter 11: Making a Daily Confession 137

Confessing the Good Stuff: Thoughts, Feelings, and Actions	139
Positive thoughts	139
Positive feelings	141
Positive actions	142
Putting It Down on Paper	143
Engaging in Group Confessions	145

Chapter 12: Putting On a Happy Face 147

Smiling: The Universal Language	147
From Cradle to Grave	148
Interpreting the Smiles of Others	150
The lying smile	150
The angry smile	150
The masking smile	151
The charismatic smile	152
The contemptuous smile	153
The real deal	153
Empowering Yourself: Smiling Because You Want To	154
Identifying who or what makes you smile	155
Face making 101: Start with a smile and go from there	156

Part IV: Striking the Right Balance 159**Chapter 13: Hassles versus Uplifts 161**

Knowing When to Sweat the Small Stuff and When to Let It Go	162
Sweating the small stuff	162
Letting the small stuff go	163
Looking at How Hassled and Uplifted You Are	163

Chapter 14: Structure versus Freedom	171
Living a Life of Purpose	172
Restructuring Your Life after a Major Life Change.....	172
Moving on after graduation	173
Filling the empty nest	174
Ensuring a happy retirement.....	175
Recognizing the Importance of Rituals	177
Knowing When to Plan and When Not To	178
Spending More Time Doing Absolutely Nothing	179
Making Sure Your Life Is Like a Chinese Menu	180
Column A pursuits	180
Column B pursuits	181
Indulging Your Alternative Self	182
Chapter 15: Work versus Play	183
Which Is More Important: Your Money or Your (Quality of) Life?	184
Setting Yourself Up to Be More Balanced	185
Appreciating the arts.....	187
Expanding your horizons.....	187
Being curious.....	188
Putting down the grade book.....	189
Losing the watch.....	189
Eating slowly.....	190
Thinking of yourself as a small “i”	191
Walking to work — even when you drive	191
Eliminating the number-speak	192
Pretending you’re a Dutchman	192
Identifying the Three Types of Play	193
Solitary play.....	193
Parallel play.....	194
Cooperative play.....	195
Chapter 16: Socialization versus Solitude	197
Recognizing That Happiness Doesn’t Occur in a Vacuum	197
Do you have meaningful social ties?	198
How big is your network?	198
Who’s in your network?	199
Where’s your support?.....	199
Are you receptive to support?	199
What kind of support are you getting?.....	200
The Benefits of Being Connected	202
Looking at the Importance of Solitude.....	203

Chapter 17: Selfishness versus Generosity	207
Healthy Selfishness.....	208
Putting the “I” back in identity.....	209
Being a good scout	210
Taking time for yourself.....	211
Too Much of a Good Thing: Generosity Gone Awry	212
Giving the Right Way.....	213
Giving only because you want to.....	214
Giving without control	214

***Part V: Achieving Happiness in Key Relationships* 217**

Chapter 18: At Work	219
Calculating Your Workplace Positivity Ratio.....	220
Loving What You Do.....	221
Establishing Healthy Boundaries	223
Avoiding Toxic Coworkers	224
The stress carriers.....	225
The naysayers	226
Looking for Win-Win Solutions	226
Competition.....	227
Compromise	228
Collaboration.....	229
Accommodation.....	229
Using Anger Constructively.....	230
Step 1: Think about how you want to feel afterward	231
Step 2: Make anger about the problem, not the person	232
Step 3: Look at what’s underneath your anger	232
Step 4: Be empathetic.....	232
Step 5: Engage in give-and-take conversation	233
Step 6: Watch your body language	233
Counteracting Counterproductive Work Behavior	234
Giving your employer a full day’s effort.....	234
Treating your coworkers with civility.....	235
Being a team player	236
Creating good public relations.....	237
Chapter 19: At Home	239
Setting Priorities	240
Deciding What Kind of Parent You Want to Be.....	242
Autocratic	242
Authoritative	243
Permissive.....	244
Unengaged	244

Balancing Interdependence with Autonomy..... 245
 Sharing power 246
 Making sure everybody has a job..... 247
 Fighting Fair..... 247
 The Family Table: Sharing the All-Important One Meal a Day..... 249

Chapter 20: In Intimate Relationships. 251

Understanding What Being a Partner Really Means 252
 Balancing the Me with the We 254
 Thinking of Happiness in a Relationship as a Three-Legged Stool 256
 Passion 256
 Shared interests 257
 Intimacy..... 258
 Avoiding the Dreaded “C” Word: Contempt..... 258
 Making Empathy the Norm..... 259
 Emotional empathy..... 260
 Rational empathy..... 260
 Tending and Befriending: Reaching Out to Those You Love..... 261
 Identifying the Three Most Important Words in a Relationship..... 263

***Part VI: The Part of Tens*..... 265**

Chapter 21: Ten Ways to Raise a Happy Child 267

Make Sure Your Message Gets Through..... 267
 Be Your Child’s Emotional Coach 268
 Distinguish between Needs and Wants 270
 Show Your Child That Generosity Begins at Home..... 270
 Teach Your Child Mastery..... 272
 Help Your Child Be a Happy Loser..... 274
 Encourage All Forms of Play 275
 Allow for Imperfections 275
 Teach Your Child Commitment and Perseverance..... 276
 Let Your Child See You Happy..... 276

Chapter 22: Ten Roadblocks to Happiness 279

An Unrealistic Sense of Self 279
 Entitlement 280
 Toxic Anger 281
 Resentment..... 281
 Greed 282
 Aggression 283
 Depression..... 284
 Loneliness..... 285
 Vindictiveness..... 286
 Drug Abuse..... 287

Chapter 23: Ten Things You Can Do Today to Foster Happiness in Your Life	289
Establish and Stick to a Morning Ritual.....	289
Eat a Healthy Diet	290
Exercise.....	291
Get Enough Sleep.....	292
Meditate.....	293
Make a Spiritual Connection	294
Be Thankful	295
Think and Feel with Compassion	296
Lend a Helping Hand	297
Have a Sense of Humor	298
Chapter 24: Ten Thoughts That Lead to Happiness	299
Life Is Ahead of You — And That’s Where Your Focus Should Be.....	299
It’s Never Too Late to Say You’re Sorry	300
We’re Here to Help Each Other.....	300
I’ve Had My Fair Share	301
You Don’t Have to Get over the Bad Things in Life — You Just Have to Get beyond Them	302
Life Isn’t Fair — And the Sooner You Accept That Reality, the Better	303
When in Doubt, Pole Left.....	303
Water Flows Downhill	304
I Have What I Need	305
I Deserve to Be Happy.....	305
Appendix: Resources	307
Self-Help Books	307
Other Relevant Books	310
Biographies of Self-Actualized People	311
Web Sites	311
Index	313