

Book Review: "The Happiness Advantage" by Shawn Achor

Ivo Dias de Sousa, 11/04/2014

Summary:

Shawn Achor is an American consultant, author and researcher. He was a professor at Harvard University where he researched about the relation between happiness and success. His talk "The happy secret to better work" is one the most popular TED talk ever with more than seven millions views. Shawn's research on happiness was published in the "Harvard Business Review" and other scientific journals.

The originality of this book is that it explains why and how we can be happy from a business point of view. The book is written with lots of humour but avoids the new age trends and book about happiness.

<http://www.intelligenthq.com/lifestyle/happiness-advantage-seven-principles-positive-psychology-fuel-success-performance-work-shawn-achor/>