



The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success

By Emma Seppala



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Everyone wants happiness and success, yet the pursuit of both has never been more elusive. As work and personal demands rise, we try to keep up by juggling everything better, moving faster, and doing more. While we might succeed in the short term, this approach comes at a high cost in the long term: it hurts our well-being, our relationships, and—paradoxically—our productivity.

In this life-changing book, Emma Seppälä explains that the reason we are burning ourselves out is that we fall for outdated theories of success. We are taught that getting ahead means doing everything that's thrown at us with razor-sharp focus and iron discipline, that success depends on our drive and talents, and that achievement cannot happen without stress.

The Happiness Track demolishes these counterproductive theories. Drawing on the latest scientific research on happiness, resilience, willpower, compassion, positive stress, creativity, and mindfulness,

Seppälä demonstrates that being happy is the most productive thing we can do to thrive—whether at work or at home. She shares practical strategies for applying these scientific findings to our daily lives.

A fulfilling, successful, and anxiety-free life is within your reach. *The Happiness Track* will show you the way.

Happiness Is the Fast Track to Success

“Are you a hard-driving, multitasking, conscientiously striving professional? Then your ideas about success are probably all wrong—and you need *The Happiness Track*, Dr. Emma Seppälä’s investigation into the counter-intuitive factors that create career and life success. The best news of all? All these skills are well within your grasp.”—Daniel H. Pink, author of *Drive* and *A Whole New Mind*

“Emma Seppälä convinces us that reconfiguring our brain for happiness can change the way our lives unfold and the way we approach success. A worthwhile read for anyone who wants to achieve a successful and fulfilling life.”—Amy

Cuddy, professor at Harvard Business School and author of *Presence*

“Backed by extensive research in psychology and neuroscience, The Happiness Track offers a wealth of insight on changing how we approach our work, our personal lives, and our relationships. It’s a carefully researched, engaging look at how to improve ourselves without losing our authenticity or our sanity.”—Adam Grant, Wharton professor and New York Times bestselling author of *Give and Take and Originals*

“Through her research-backed strategies, Emma Seppälä teaches us not only how to thrive in our chosen profession, but how to stay true to ourselves—and enjoy every moment of the process.”—Susan Cain, cofounder of *Quiet Revolution* and *New York Times* bestselling author of *Quiet*

“For decades we’ve been tied to theories of success that have burned us out and driven us into the ground—because we don’t know of any alternatives. The Happiness Track provides us with a highly readable, science-backed solution to obtaining sustainable success, the sort of success we are all really striving for, that leaves us fulfilled, happy, and healthy.”—Scott Barry Kaufman, Ph.D., scientific director at the Imagination Institute at the University of Pennsylvania

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The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success By Emma Seppala Bibliography

- Sales Rank: #134247 in eBooks
- Published on: 2016-01-26
- Released on: 2016-01-26
- Format: Kindle eBook

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Editorial Review

Review

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“Emma Seppälä shows us how we can cultivate a meaningful and successful career and live happy, fulfilled lives by taking care of ourselves first. The world has needed Emma Seppälä’s insight for a long time.” (**Chade-Meng Tan**, Google’s “Jolly Good Fellow,” and author of the *New York Times* bestseller *Search Inside Yourself*)

“Emma Seppälä is on the cutting-edge of crucial new insights and practices that can help us redefine success as she illuminates the ways compassion toward oneself and others is the bedrock of living a life of connection and deep meaning.” (**Daniel J. Siegel, MD**, author of *Mindsight*, *Brainstorm*, and *The Mindful Therapist*, Executive Director of the Mindsight Institute, and Clinical Professor at the UCLA School of Medicine)

“A fast-paced, practical book with profound implications. Remarkably, happiness feels good because it is good for our health, relationships, and work. Drawing on research from neuroscience and psychology, and her own groundbreaking work at Stanford, she gives us six powerful ways to turn greater well-being into greater success.” (**Rick Hanson, Ph.D.**, author of *Hardwiring Happiness*)

“This book is a breath of fresh air, helping to bust the myth that we need to do more, better, faster, and more efficiently to be happy.” (**Kristin Neff, Ph.D.**, author of *Self-Compassion*)

“Emma Seppälä smashes cultural definitions of ‘success’ with a wealth of research-grounded insight about unlocking creativity and a meaningful life. Seppälä is a fast-rising star, and I predict that her work will positively impact countless people for years to come.” (**Peter Sims**, author of *Little Bets* and co-founder &

CEO of The Silicon Guild)

“For many happiness remains elusive. Dr. Seppälä’s book uses the latest scientific research to show us a path to real happiness. It’s not what many of us think. Be ready to change your life for the better.” (**James R. Doty, M.D.**, founder and director of the Center for Compassion and Altruism Research and Education, professor of neurosurgery at the Stanford University School of Medicine, and author of *Into the Magic Shop*)

From the Back Cover

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About the Author

Emma Seppala, PhD, is science director of the Center for Compassion and Altruism Research and Education at Stanford University, the founder of the popular news site Fulfillment Daily, and a frequent contributor to *Psychology Today*, *Harvard Business Review*, and the *Washington Post*. A sought-after speaker, Seppala has addressed academic, corporate, and governmental institutions, including Google, the National Science Foundation, and the World Bank. Seppala holds degrees from Yale, Columbia, and Stanford. She lives in New Haven, Connecticut.

Nan McNamara has performed on stage, television, film, and behind the microphone in voice-overs for over twenty years. Her passion is to tell good stories--no matter what the medium. Originally from St. Paul, Nan received a BA cum laude in theater.

Users Review

From reader reviews:

James Johnson:

This book untitled *The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success* to be one of several books that will best seller in this year, that is because when you read this publication you can get a lot of benefit in it. You will easily to buy that book in the book retail outlet or you can order it by using online. The publisher of the book sells the e-book too. It makes you easier to read this book, since you can read this book in your Smartphone. So there is no reason for you to past this guide from your list.

Brandy Anderson:

Playing with family in the park, coming to see the water world or hanging out with good friends is thing that usually you may have done when you have spare time, then why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love *The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success*, you could enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh come on its mind hangout men. What? Still don't get it, oh come on its identified as reading friends.

Rachel Haley:

Is it you who having spare time and then spend it whole day through watching television programs or just

laying on the bed? Do you need something totally new? This The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success can be the answer, oh how comes? The new book you know. You are thus out of date, spending your time by reading in this completely new era is common not a nerd activity. So what these ebooks have than the others?

Timothy Pace:

On this era which is the greater individual or who has ability to do something more are more special than other. Do you want to become considered one of it? It is just simple approach to have that. What you need to do is just spending your time almost no but quite enough to get a look at some books. One of the books in the top checklist in your reading list is usually The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success. This book which can be qualified as The Hungry Hillside can get you closer in growing to be precious person. By looking way up and review this guide you can get many advantages.

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