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The Science of Happiness: How Our Brains Make Us Happy - and What We Can Do to Get Happier



THE SCIENCE OF HAPPINESS

How Our Brains Make Us Happy—and What We Can Do to Get Happier

"I do not know of any other authors who take such a well-grounded scientific approach to the universal—but seemingly elusive—question of what makes us happy." —GRETCHEN VOGEL, *Science*

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