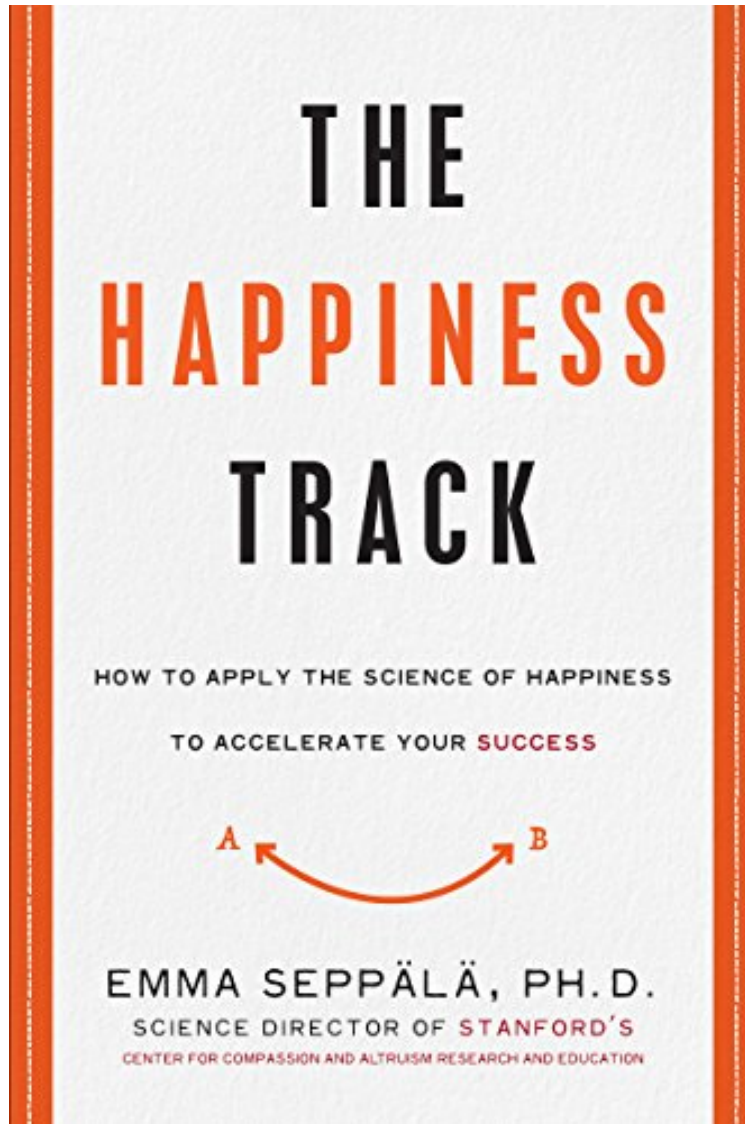


(Mobile pdf) The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success

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

Emma Seppala

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Emma Seppala : The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success:

3 of 3 people found the following review helpful. The Best Business Book For Our Time! By Steve Schroeder The Happiness Track is a very well written, concise road map to success in business and in life. I want all of my colleagues and my children to read this book as a primer for business, school, and life success. Dr. Emma Seppala goes right to

the core of happiness with her scientific approach to teach us that our brains are powerfully programmed to generally have a negative outlook when approaching life's hurdles. She teaches us what to expect from instinctual responses to challenging situations and how to manage emotions that can sometimes take control. Simple visualization, walks in nature, and breathing exercises can have a huge impact on our overall well being and success in problem solving. It sounds so simple yet most of us fail to acknowledge this competitive advantage. No more making fun of the business person who meditates. Dr. Seppala is a scientist who references many studies to prove her theory that happiness is a key ingredient for success. This book should be required reading for every student who thinks that the road map to success must pass through burnout, and every manager who believes that giving mindless tasks and demanding crazy long hours leads to winning. We live in a time when the majority of those polled dislike their jobs and do not feel a sense of loyalty or accomplishment. How about striving for a happy workforce? It makes good business sense and that happiness factor drops right to the bottom line. Read this book and you will learn that compassion for yourself and others will lead to success in business and in life. Who does not want to be happier? Of course, it also takes hard work. It is all very scientific and no longer on the fringe when it comes to finding keys for success. 17 of 19 people found the following review helpful. A great practical resource for the over-driven and exhausted By M.M. This book is extremely well-written. Dr. Seppala successfully hits the mark on all three criteria of a timeless self-help book, namely (a) clear and easy to read, (b) containing practical, easy to follow advice (e.g., how powerful a wellness tool something as simple as deep, slow breathing can be), and (c) solid scientific evidence to back up all the advice. What makes this book truly remarkable is how Dr. Seppala packs in a treasure trove rigorous research while keeping the text consistently accessible and readable. As an over-driven individual in a high pressure work environment, I go through cycles of really high energy, engagement in work, and productivity followed by cycles of collapse. Chapter 3, 'Managing Your Energy', has been extremely helpful to me in understanding why: apparently positive high intensity emotions such as enthusiasm have the same exhausting physiological impact as high intensity negative emotions like anger, so while high energy positive emotions are essential to happiness when they occur in small doses, chronic indulgence in them (something American society and professional cultures encourage and reward) is damaging to health. Chapter 3 has motivated me to very seriously rethink how I should manage my enthusiasm and engagement, traits I have always seen as unambiguously positive even though they contribute to regular periodic collapse. A second lesson in energy management the book discusses is the concept of 'satisficing', i.e., to maximize long-term happiness and productivity, one has to be judicious about which tasks to devote one's best effort to vs. which ones to hold back on and be just good enough. While I have known this conceptually, it was only after reading this book make a science-based case for it that I was able to hold back and do a merely good-enough job on a work project, something I have never been able to do before. Another message that I implemented immediately in my life after reading the book is that of self-compassion. I was being asked to take on a project at work that was challenging to an unhealthy degree. I see myself as someone who, to my detriment, never backs away from a challenge, no matter how impossible. The emphasis on self-care and self-compassion in the book helped me listen to my intuition that the project was going to be injuriously stressful, and explain to my management very constructively but honestly what I needed to make the project realistic, and lo and behold, my management agreed! 3 of 3 people found the following review helpful. Be kind, empathize, and always always learn By Aaron H. Miller The book is filled with good advice and tons of examples and research. The counterintuitive advice of slowing down to speed up and other harmonizing ideas co-mingling eastern and western thought felt enlightened not fluffy. I especially enjoyed the sections on stillness and how to structure one's workday around alternating busywork and focus work. All in all, a worthy read. We all do better when we find ways to be happy, together.

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 Seppala 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, Seppala 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 Seppala'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 Seppala 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

— Through her research-backed strategies, Emma Seppälä not only teaches us 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*) — Your ideas about success are probably all wrong — and you need *The Happiness Track*, Dr. Emma Seppälä's investigation into the counterintuitive 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*) — Backed by extensive research in psychology and neuroscience, *The Happiness Track* offers a wealth of insight for 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*) — 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*) — *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, the Imagination Institute at the University of Pennsylvania) — 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 — 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, Emma 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.

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About the Author EMMA SEPPÄLÄ, PH.D., is the science director of the Center for Compassion and Altruism Research and Education at Stanford University. She also lectures on the Science of Happiness at Yale University and is the Co-Director of the Yale Emotional Intelligence Project at the Yale Center for Emotional Intelligence. She is the founder of the popular news site *Fulfillment Daily*, and a frequent contributor to *Harvard Business* and *Psychology Today*. She consults on workplace well-being and positive leadership and also teaches at Yale School of Management Executive Education.