**Recommended Reading on Happiness**

* *The Art of Happiness: A Handbook for Living.* Dalai Lama and Howard C. Cutler. (2009)
* *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. Martin E. Seligman. (2004)
* *Stumbling on Happiness*. Daniel Gilbert. (2007)
* *The How of Happiness: A New Approach to Getting the Life You Want*. Sonja Lyubomirsky. (2008)
* *The Myths of Happiness: What Should Make You Happy, but Doesn’t, What Shouldn’t Make You Happy, but Does*. Sonja Lyubomirsky. (2013)
* *The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success.* Emma Seppala. (2017)
* *Being Happy: You Don't Have to Be Perfect to Lead a Richer, Happier Life*. Tal Ben-Shahar. (2010)
* *Happiness: Unlocking the Mysteries of Psychological Wealth*. Ed Diener and Robert Biswas-Diener. (2008)
* *The Happy Life Formula: How to Build Your Life Around the New Science of Happiness.* Nils Salzgeber. (2018)
* *Happiness: The Science Behind Your Smile.* Daniel Nettle. (2007)
* *The New Happiness: Practices for Spiritual Growth and Living with Intention.* Matthew McKay & Jeffrey C. Wood. (2019)
* *The Five Hurdles to Happiness: And the Mindful Path to Overcoming Them.* Mitch Abblett. (2018)
* *The Ultimate Happiness Prescription: 7 Keys to Joy and Enlightenment.* Deepak Chopra. (2018)
* *Activating Happiness: A Jump-Start Guide to Overcoming Low Motivation, Depression, or Just Feeling Stuck.* Rachel Hershenberg & Dr. Marvin R. Goldfried. (2017)
* *Resisting Happiness.* Matthew Kelly. (2016)
* *Radical Happiness: Moments of Collective Joy.* Lynne Segal. (2017)
* *The Happiness Trap: How to Stop Struggling and Start Living.* Russ Harris. (2008)
* *The Happiness Equation: Want Nothing +Do Anything =Have Everything*. Neil Pasricha (2016)
* *The Happiness Animal.* Will Jelbert. (2014)
* *Be Happy: 35 Powerful Methods for Personal Growth and Well-Being*. Rebecca Ray (2018)
* *Happier Human: 53 Science-Backed Habits to Increase Your Happiness*. S. J. Scott and Amit A. (2019)
* *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*. Rick Hanson. (2016)
* *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom*. Jonathan Haidt. (2006)
* *How to Stop Feeling Like Sh\*t: 14 Habits that are Holding you back from Happiness*. Andrea Owen (2018)

**Recommended Podcast on Happiness**

*Single Episode*

* Adventures in Happiness: Strategies for Happiness #63 (<https://www.thetappingsolution.com/ep-63-strategies-happiness/>)
* Happiness is Complicated: The Good Life Project (<https://www.goodlifeproject.com/podcast/happiness-its-complicated/>)
* How to be happy: Michael Neill (<http://primalhappiness.co/podcast/michaelneill/>)
* The Keys to Happiness and Clarity: Jamie Smart (http://primalhappiness.co/podcast/jamie-smart/)
* How to be happy no matter what: Adil Amarsi #85 (<http://primalhappiness.co/podcast/episode85/>)
* How to be happy in a modern world: Jamie Smart #138 (<http://primalhappiness.co/podcast/episode138/>)
* Why turning on your higher brain is the answer to happiness: Craig Polsfuss #126 (<http://primalhappiness.co/podcast/episode126/>)
* Simply Happy: TED Radio Hour (<https://www.npr.org/programs/ted-radio-hour/267185371/simply-happy>)
* The Pursuit of Happiness: TED Radio Hour (<https://www.npr.org/2012/05/02/151881205/the-pursuit-of-happiness>)

*Continuous*

* Happier Podcast: Gretchen Rubin (<https://gretchenrubin.com/podcasts/>)
* The Science of Happiness: Greater Good (https://greatergood.berkeley.edu/podcasts)
* 10% Happier with Dan Harris (<https://www.10percenthappier.com/podcast>)
* Action of Happiness (<https://itunes.apple.com/us/podcast/action-for-happiness/id1287943792?mt=2>)
* Live Happy Now (<https://itunes.apple.com/us/podcast/action-for-happiness/id1287943792?mt=2>)
* Happiness Podcast: Dr. Robert Puff (<http://www.happinesspodcast.org/>)
* Happiness in Progress: Danielle Craig (http://daniellecraig.com/category/podcast/)

**Recommended Twitter Accounts on Happiness**

@happier

@Happify

@actionhappiness

@happynwell

@drhappy

@DHMovement

@livehappy

@emmaseppala

@projecthappiness

@HappinessNews

**Recommended Apps on Happiness**

* Track Your Happiness
* Happify
* Headspace
* MoodKit
* iMood Journal
* SupperBetter
* RealLifeChange

**Recommended Videos on Happiness**

# The surprising science of happiness | Dan Gilbert

<https://www.youtube.com/watch?v=4q1dgn_C0AU>

# The habits of happiness | Matthieu Ricard

<https://www.youtube.com/watch?v=vbLEf4HR74E>

# There's more to life than being happy | Emily Esfahani Smith

<https://www.youtube.com/watch?v=y9Trdafp83U>

# What makes a good life? Lessons from the longest study on happiness | Robert Waldinger

<https://www.youtube.com/watch?v=8KkKuTCFvzI>

The Happiness Advantage: Linking Positive Brains to Performance | Shawn Achor

<https://www.youtube.com/watch?time_continue=8&v=GXy__kBVq1M>

# My philosophy for a happy life | Sam Berns

# <https://www.youtube.com/watch?v=36m1o-tM05g>

# Flow, the Secret of Happiness | Mihaly Csikszentmihalyi

<https://www.youtube.com/watch?v=fajbN9dKNu8>

# What is the Secret to Happiness? | Christine Carter

<https://www.youtube.com/watch?v=uJzbr52ir0s>

# Happiness at Work | Arlette Bentzen

<https://www.youtube.com/watch?v=ZIDppcZanZw>

# Less stuff, more happiness | Graham Hill

<https://www.youtube.com/watch?v=L8YJtvHGeUU>

# The riddle of experience vs. memory | Daniel Kahneman

<https://www.youtube.com/watch?time_continue=7&v=XgRlrBl-7Yg>

Breathing happiness | Emma Seppälä

<https://www.youtube.com/watch?v=Uvli7NBUfY4>

# How to buy happiness | Michael Norton

<https://www.youtube.com/watch?v=PsihkFWDt3Y>

# Want to be happier? Stay in the moment | Matt Killingsworth

<https://www.youtube.com/watch?v=Qy5A8dVYU3k>

Happiness and its Surprises | Nancy Etcoff

<https://www.ted.com/talks/nancy_etcoff_on_happiness_and_why_we_want_it>

The Price of Happiness | Benjamin Wallace

<https://www.ted.com/talks/benjamin_wallace_on_the_price_of_happiness>

7 Rules for making more happiness | Stefan Sagmeister

<https://www.ted.com/talks/stefan_sagmeister_7_rules_for_making_more_happiness>

Plug into your hard wired happiness | Srikumar Rao

<https://www.ted.com/talks/srikumar_rao_plug_into_your_hard_wired_happiness>

**Online Courses**

The Science of Happiness: Eight-week course (Free)

<https://ggsc.berkeley.edu/what_we_do/online_courses_tools/the_science_of_happiness>

The Foundation of Happiness at Work: Self-paced (Free)

<https://ggsc.berkeley.edu/what_we_do/event/the_foundations_of_happiness_at_work>

The Action for Happiness Course (Free)

<https://www.actionforhappiness.org/the-action-for-happiness-course>