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Happiness

Frederic Lenoir

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Happiness

Frederic Lenoir

Happiness Frederic Lenoir
A huge bestseller in Europe, Frederic Lenoir's *Happiness* is an exciting journey that examines how history's greatest philosophers and religious figures have answered life's most fundamental question: *What is happiness and how do I achieve it?*

From the ancient Greeks on—from Aristotle, Plato, and Chuang Tzu to the Buddha, Jesus, and Muhammad; from Voltaire, Spinoza, and Schopenhauer to Kant, Freud, and even modern neuroscientists—Lenoir considers the idea that true and lasting happiness is indeed possible.

In clear language, Lenoir concisely surveys what the greatest thinkers of all time have had to say on the subject, and, with charming prose, raises provocative questions:

- Do we have a duty to be happy?
- Is there a connection between individual and collective happiness?
- Is happiness contagious?
- Is there a difference between pleasure and happiness?
- Can unhappiness and happiness coexist?
- Does our happiness depend on our luck?

Understanding how civilization's best minds have answered those questions, Lenoir suggests, not only makes for a fascinating reading experience, but also provides a way for us to see us how happiness, that most elusive of feelings, is attainable in our own lives.

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Typically the book Happiness has a lot of information on it. So when you read this book you can get a lot of advantage. The book was compiled by the very famous author. This articles author makes some research just before write this book. That book very easy to read you can get the point easily after reading this article book.

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