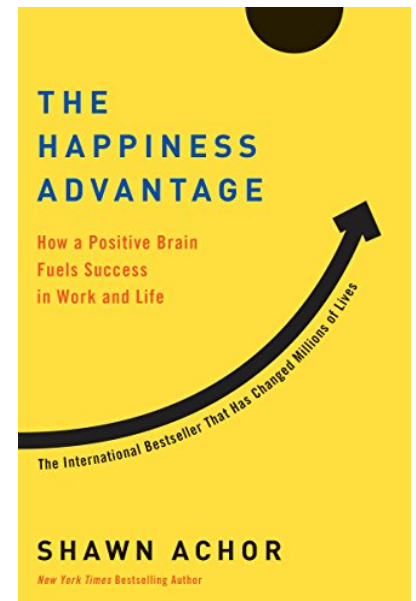


# The Happiness Advantage Book Summary (PDF) by Shawn Achor

Ready to learn the most important takeaways from The Happiness Advantage in less than two minutes? Keep reading!



## Why This Book Matters:

The Happiness Advantage explains how happiness attracts success, not the other way around.

## The Big Takeaways:

1. **Old-school psychological assessments look at the bad things without recognizing the good.**
  1. If It is common for traditional psychology to look more at how a person compares to “normal.”
2. **Happy people are successful, not vice versa.**
  1. It is a common misconception that success brings joy to life, but happiness is what attracts success.
3. **People prosper when given the “happiness advantage.”**
  1. Focusing on achieving happiness will give you a leg up when it comes to achieving success.
4. **Focus on your mind to focus on your body.**

1. When you have a positive state of mind, you will be more willing to go the extra mile needed to achieve success.
5. **The small changes sometimes make the most impact.**
  1. Look at how the little things are influencing your life and change what needs to be changed, regardless of how small the change may seem.

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