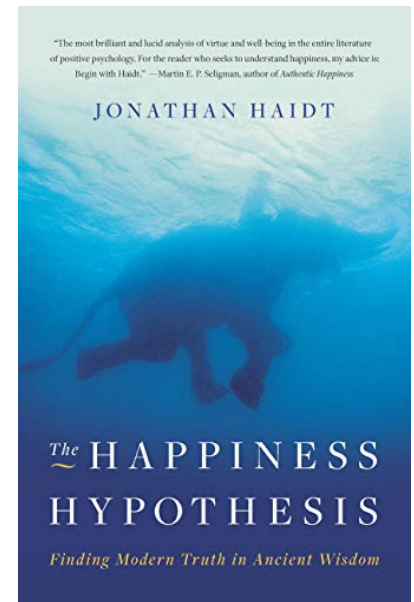


# The Happiness Hypothesis Book Summary (PDF) by Jonathan Haidt

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



## Why This Book Matters:

The Happiness Hypothesis explains to readers the internal and external factors which influence their happiness.

## The Big Takeaways:

- 1. Two separate parts of the mind control us.**
  1. If Some actions and thoughts are within our control, while others are not.
- 2. Many biological factors influence our satisfaction with life, but our way of thinking is just as important.**
  1. We cannot control our thoughts, but we can implement activities, such as meditation and cognitive therapy, to help us gain more joy from the happiness we experience.
- 3. Humans have a desire to return favors to people.**

1. It is ingrained in humans to give back what they have been given in one way or another; it is one of our strongest desires.
4. **A lack of self-perception can make many relationships difficult.**
  1. Introspection is not a human's favorite activity because it forces them to realize that there are parts of them that are less than desirable. Therefore, they often ignore their faults, leading to poor relationships.
5. **You must surround yourself with the right people to be happy.**
  1. Humans rely on genuine social interaction to fuel their happiness.

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