



## Happiness: A Very Short Introduction

By Daniel M. Haybron

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Happiness: A Very Short Introduction, Daniel M. Haybron, Happiness is an everyday term in our lives, and most of us strive to be happy. But defining happiness can be difficult. In this Very Short Introduction, Dan Haybron considers the true nature of happiness. By examining what it is, assessing its importance in our lives, and how we can (and should) pursue it, he considers the current thinking on happiness, from psychology to philosophy. Illustrating the diverse routes to happiness, Haybron reflects on contemporary ideas about the pursuit of a good life and considers the influence of social context on our satisfaction and well-being. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

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