



What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better

By Cameron Stauth, Dan Baker Ph.D.

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Dr. Dan Baker, director of the Life Enhancement Program at Canyon Ranch, has devoted his life to teaching people how to be happy. And apparently, most of us could use a little tutoring. Research has shown that the root of unhappiness--fear--lies in the oldest, reptilian part of our brains, and negative reactions are often dictated by primal instincts. We're literally "hardwired for hard times." In *What Happy People Know*, Dr. Baker uses evidence from the new science of happiness to show us how we can overcome this genetic predisposition toward negative reactions and lead a truly rich, happy, and healthy life.

In this book, Dr. Baker shares the program that has revolutionized the lives of countless unhappy people, VIP's and regular Joes and Janes alike. First, you'll learn the only two issues that ever cause unhappiness and devise your plan to overcome both of them. Then, Dr. Baker teaches you how to spot the happiness traps, the five doomed ways we try to make ourselves happy, only to dig ourselves further into misery. Finally, he shares his happiness tools, the six simple skills that, when practiced consistently, will inevitably lead to greater optimism, courage, good humor, and fulfillment--in short, to happiness.

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Editorial Review

From Publishers Weekly

Baker, a psychologist and director of the Life Enhancement Program at Canyon Ranch in Tucson, offers a new way to look at unhappiness. He believes that people can teach themselves to be happy instead of remaining trapped in a vicious cycle of stress from work and family: "If you adopt management of your life as a primary goal, you'll be able to participate in your own destiny. But if you squander your energy struggling for complete control, you'll lose the reins of management and become just another leaf in the wind." It's essential for people to avoid such traps as trying to buy happiness or trying to find it through pleasure, Baker argues. Instead, people should use and take advantage of the six happiness tools—appreciation, choice, personal power, leading with strengths, language and stories, and multidimensional living. To demonstrate his strategy, the author offers various case studies. For example, one wealthy CEO comes for therapy, complaining about his children, wife and employees. Baker listens and offers just one piece of advice: he tells the man to visit a pediatric cancer ward; the visit allows the man to look beyond his self-centered complaints. Baker's advice is sound and his presentation engaging, but some readers, especially those coping with serious life crises, may find this approach too New Age or simplistic. He makes the transition from the traps to the tools of happiness sound easy, perhaps too much so.

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Review

"Baker's advice is sound and his presentation engaging."

--*Publishers Weekly*

"This wonderfully helpful book is sure to increase the number of happy people with its wisdom."--Rabbi Harold Kushner, author of *When Bad Things Happen to Good People*

"Everyone wants to be happy. So much suffering and illness occur when we look for happiness in the wrong places. In *What Happy People Know*, Dan Baker distills the best of science and spirituality, sharing with deep and profound wisdom how we can learn to be happy and let go of suffering. Highly recommended."--Dean Ornish, M.D., founder and president of the Preventive Medicine Research Institute, clinical professor of medicine at the University of California, San Francisco; ad author of *Love and Survival* and *Dr. Dean Ornish's Program for Reversing Heart Disease*

"Dr. Dan Baker has created a book that we all have been waiting for. It is a significant, practical, insightful, easy-to-read book filled with nuggets that lead us to the road of happiness."--Gerald G. Jampolsky, M.D., author of *Love is Letting Go of Fear*

From the Inside Flap

"This wonderfully helpful book is sure to increase the number of happy people with its wisdom."--Rabbi Harold Kushner, author of *When Bad Things Happen to Good People*

What Happy People Know

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Maybe you're wishing for more--more money, more friends, more status--thinking that "more" itself will insulate you from fear, making you feel safer and therefore happier. But Dr. Baker's clinics have been filled with VIPs who are just as unhappy as the next guy--some even more so.

In *What Happy People Know*, Dr. Baker shares the program that has revolutionized the lives of countless unhappy people, VIPs and regular Joes and Janes alike. First, you'll learn the only two issues that ever cause unhappiness and devise your plan to overcome both of them. Then, Dr. Baker teaches you how to spot the happiness traps, the five doomed ways we try to make ourselves happy, only to dig ourselves further into misery. Finally, he shares his happiness tools, the six simple skills that, when practiced consistently, will inevitably lead to greater optimism, courage, good humor, and fulfillment--in short, to happiness.

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James Bassler:

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