See more of Psychology of Happiness by Elena Semenek on Facebook. Log In. or. Create New Account. See more of Psychology of Happiness by Elena Semenek on Facebook. Log In. Forgot account? How to manifest your dreams. How to make a wish come true | Elena Semenek, Psychology of Happiness Watch the fu How to make a wish. How to manifest a wish. How to manifest your dreams. How to make a wish come true | Elena Semenek, Psychology of Happiness Watch the fu Psychology of Happiness by Elena Semenek. December 14, 2020 Â· One of the most common questions that I'm getting asked a lot is why people end up in a toxic relationship? Happiness is, according to this book, the purpose of life. Once a personâ€™s basic needs are met, happiness is more the result of the mind rather than events, external conditions, and circumstances. This book explains that we each hold the key to our own happiness. It argues that, by training our hearts and minds, and by actively working on our attitudes and outlook, we can all achieve happiness. How does the Dalai Lama suggest we find happiness? His research into happiness is drawn from the disciplines of psychology, neuroscience, economics, sociology, and philosophy. His best-known studies have looked at unemployment and inequality. â€œHappiness: Lessons from a New Scienceâ€ is noted to be the key book in â€œhappiness studiesâ€. The happiness books you find here will work to return the joy to your life. Happiness does not need to be difficult, but the older and more entrenched you become in your ways the harder it is to make any real change to your happiness. So before you become like old man Scrooge before his Christmas revelation, take some time out to read these books on happiness and try to bring some joy back into your life. Â· Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment by Martin E. P. Seligman. 7. The Slight Edge: Turning Simple Disciplines into Massive Success and Happiness by Jeff Olson. 8. The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does by Sonja Lyubomirsky. This item: The Psychology of Happiness by Michael Argyle Paperback $56.15. In Stock. Ships from and sold by Amazon.com. FREE Shipping. Details. Stumbling on Happiness by Daniel Gilbert Paperback $10.99. In Stock. Ships from and sold by Amazon.com. Â“Michael Argyleâ€™s book gives an excellent broad overview of the scientific field of subjective well-being â€“ the study of happiness, life satisfaction, and positive affect. Readers will discover many interesting, and even exciting, new facts about happiness. At the same time, this is not a difficult readâ€¦ Argyle has done an outstanding job of introducing readers to an exciting new scientific field in the study of human behaviour.â€” Ed Diener, Professor of Psychology, University of Illinois. About the Author.