

Against Happiness In Praise Of Melancholy English

You get good grades in college, pay a small fortune to put yourself through law school, study hard to pass the bar exam, and finally land a high-paying job in a prestigious firm. You're happy, right? Not really. Oh, it beats laying asphalt, but after all your hard work, you expected more from your job. What gives? The Happy Lawyer examines the causes of dissatisfaction among lawyers, and then charts possible paths

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to happier and more fulfilling careers in law. Eschewing a one-size-fits-all approach, it shows how maximizing our chances for achieving happiness depends on understanding our own personality types, values, strengths, and interests. Covering everything from brain chemistry and the science of happiness to the workings of the modern law firm, Nancy Levit and Doug Linder provide invaluable insights for both aspiring and working lawyers. For law students, they offer surprising suggestions for selecting a law school that maximizes your

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long-term happiness prospects. For those about to embark on a legal career, they tell you what happiness research says about which potential jobs hold the most promise. For working lawyers, they offer a handy toolbox--a set of easily understandable steps--that can boost career happiness. Finally, for firm managers, they offer a range of approaches for remaking a firm into a more satisfying workplace. Read this book and you will know whether you are more likely to be a happy lawyer at age 30 or age 60, why you can tell a lot about a firm from looking at its walls

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and windows, whether a 10 percent raise or a new office with a view does more for your happiness, and whether the happiness prospects are better in large or small firms. No book can guarantee a happier career, but for lawyers of all ages and stripes, The Happy Lawyer may give you your best shot.

****Genomineerd voor de Hebban Awards 2017 in de categorie Beste Non-fictie.***De Dalai Lama en Desmond Tutu hebben beiden veel tegenslagen moeten overwinnen. Ondanks hun ontberingen - of zoals ze zelf zeggen dankzij hun*

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ontberingen - behoren ze tot de vrolijkste mensen ter wereld. Ter gelegenheid van de 80e verjaardag van de Dalai Lama reisde Desmond Tutu naar Dharamsala om samen HET BOEK VAN VREUGDE te maken als cadeau voor iedereen. Tijdens deze bijzondere week toonden ze met hun eigen uitbundigheid, compassie en humor hoe vreugde kan groeien van een voorbijgaande emotie tot een blijvende, solide levenshouding. Douglas Abrams was bij de gesprekken aanwezig en verwerkte ze tot dit boek. Een boek waar je blij van wordt, alleen al vanwege

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de liefdevolle manier waarop deze oude wijze mannen met elkaar omgaan, de levensvreugde en speelsheid die ze delen en de respectvolle manier waarop ze hun verschil van inzicht bespreken, want de boeddhistische en de christelijke traditie hebben naast veel overeenkomsten ook duidelijke verschillen. Het is mooi om te lezen hoe onbelangrijk die verschillen worden, want hun kernboodschap is dezelfde: vreugdevol leven bereik je door anderen vreugde te brengen.

Ben jij een perfectionist? Wil je altijd alles tot in de puntjes

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uitwerken, controleren en verbeteren? Maar wanneer is perfect goed genoeg? Veel mensen streven op een of meer vlakken in hun leven naar perfectie. Dit streven zorgt er vaak voor dat er onrealistische doelen worden gesteld, dat falen onmogelijk is en dat succes onbereikbaar is. Tal Ben-Shahar worstelde jarenlang met zijn perfectionisme, maar heeft zichzelf inmiddels geleerd het optimale uit het leven te halen in plaats van het perfecte. In haalbare stappen laat hij zien hoe je je perfectionisme kunt loslaten en hoe je zelf een optimalist wordt..

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*A deeply panoramic tour of the night, from its brightest spots to the darkest skies we have left. A starry night is one of nature's most magical wonders. Yet in our artificially lit world, three-quarters of Americans' eyes never switch to night vision and most of us no longer experience true darkness. In *The End of Night*, Paul Bogard restores our awareness of the spectacularly primal, wildly dark night sky and how it has influenced the human experience across everything from science to art. From Las Vegas' Luxor Beam -- the brightest single spot on this planet -- to nights so*

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*starlit the sky looks like snow,
Bogard blends personal
narrative, natural history,
science, and history to shed
light on the importance of
darkness -- what we've lost,
what we still have, and what
we might regain -- and the
simple ways we can reduce the
brightness of our nights
tonight.*

*Reordered Love, Reordered
Lives*

*A Memoir of Depression and
Grace*

*A Philosophical Exploration of
Liberal Education*

*100 Years of Happiness:
Insights and Findings from the
Experts*

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*An Essay on Neoliberal Life
Mood and Mobility
The Bible and the Pursuit of
Happiness*

**Experimenteel psycholoog Steven
Pinker verdedigt in zijn boek
‘Verlichting nu’ vurig de waarden
van de Verlichting. Met behulp van
de wetenschap en het humanisme
zullen we de problemen die we
hebben als mensheid oplossen en
verder gaan op het pad van de
vooruitgang. Wie de krant erop
naslaat, is geneigd te denken dat de
wereld gedoemd is ten onder te gaan,
of dat de periode van vooruitgang
voorgoed voorbij is Steven Pinker
laat zich echter niet gek maken en
kijkt naar de feiten. En die zijn
hoopvol. We worden gezonder,**

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rijker, leven meer in vrede, en zijn zelfs steeds gelukkiger. En dat is niet alleen zo in het rijke Westen, maar overal ter wereld. De oorzaak? Het vertrouwen in wetenschap en redelijk denken dat sinds de Verlichting steeds wijder is verspreid. Wat wel waar is: die Verlichting staat onder druk. Er is scepsis tegen wetenschap, en demagogen proberen het vertrouwen in redelijk denken te ondermijnen. The thesis of this book is that the contradictory answers may well compute more effectively than is acknowledged: that the culture of higher education and the mesh of psychological contracts, or "deals," that make it up make much of the current discourse about happiness

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and unhappiness in contemporary life look simplistic and banal.

Waar zijn individuen anders voor geschapen dan opdat God, die allen oneindig liefheeft, elk van hen verschillend liefheeft.' (C.S. Lewis) Al eeuwenlang worstelen christenen met de vraag: Als God goed en almachtig is, waarom staat Hij dan toe dat mensen moeten lijden? C.S. Lewis, de grootste apologeet van het christelijk geloof in de twintigste eeuw, probeert in dit boek helderheid te verschaffen in deze ingewikkelde problematiek. Different cultures experience happiness differently. Traditionally, the West is considered materialistic, and happiness is said to come from achievement and acquisition. The

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East is said to be more people-oriented, where happiness is a result of deep personal interactions. Thus, poor people can be happier in the East than the West, because they are not so concerned with possession and more with society. This book considers happiness and quality of life in non-Western countries and cultures. Its coverage is diverse and spans the breadth of the non-Western world, revealing unique perspectives of happiness and life quality embedded in rich cultural traditions and histories.

23 dingen die ze je niet vertellen over het kapitalisme

The Happiness Riddle and the Quest for a Good Life

The Anatomy of Melancholy

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The End of Night

Political Theory in Literature

The Happy Lawyer

Het probleem van het lijden

'This is a feast for theologians, historians and Christian counselors.

Pietsch examines 21 of Luther's "letters of comfort" to explore Luther's pastoral care for souls suffering with depression.

Pietsch uses interdisciplinary tools of inquiry artfully to examine the letters, Luther's pastoral care approaches and the history of the "melancholy tradition". The practice of seelsorge emerges as an amalgam of

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art, spiritual gift, and understanding of affliction, all resting comfortably within the authority of scripture and the Lutheran Confessions. Pietsch's volume is a significant contribution to spiritual care literature, underscoring the conviction of the early church that individual soul care is an essential response to serve those who despair. Offering pivotal pastoral care insights that are often lost, discredited or entirely absent in the work of caring for those who suffer with depression, Pietsch concludes that Luther has given us

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excellent tools to examine,
learn and to teach as we
assist souls to find hope,
strength and healing in the
gospel of Jesus Christ.'

Professor Beverly Yahnke
Concordia University
Wisconsin Executive Director
of Christian Counsel,
Doxology Lutheran Centre for
Spiritual Care and Counsel.

This book brings together
the best of current global
research on the measurement
and understanding of
international differences in
well-being

De novelle "Huwelijksgeluk"
(1859) verhaalt de
liefdesgeschiedenis tussen
de zeventienjarige Masha en
de zesendertigjarige Sergej.

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Masha vertelt het verhaal. Masha is stapelverliefd op Sergej en die liefde blijkt wederzijds, al blijft Sergej bang dat, gezien hun leeftijdsverschil, zij het snel gezien zal hebben. Hij wil een rustig leven leiden, vertelt hij haar, terwijl zij de wereld wil ontdekken. Desalniettemin trouwen ze. Zoals verwacht begint Masha al snel verveeld te raken op het landgoed van Sergej. Toch blijft hun wederzijdse liefde en begrip sterk. Leo Tolstoj (1828-1910) werd geboren in een aristocratische familie met een landgoed ten zuiden van Moskou. Na het verlaten van de universiteit trad hij toe

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tot het leger en nam deel aan de Krimoorlog in 1854. Het jaar daarop ging hij naar Sint-Petersburg, waar hij zijn doorbraak had als schrijver, terwijl hij nog geen dertig was. Daarna verliet hij Rusland en reisde door West-Europa voordat hij zich vestigde aan de rivier de Wolga op een landgoed dat hij had geërfd. Hier schreef hij enkele van zijn grote romans. Hij trouwde in 1862 met de 16 jaar jongere Sofija Andreevna Bers (1844-1919), ook wel Sonja genoemd. Enkele van zijn bekendste werken zijn "Oorlog en vrede" (1869) en "Anna Karenina" (1877).

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This volume draws together the work of a diverse range of thinkers and researchers to address the question of happiness critically, using a wide variety of theoretical and empirical methodologies. Broadening the discussion beyond what might be considered highly individual and insular conceptualizations of happiness, often based on purely positivist approaches to the subject, authors raise questions about the nature of individual and collective anxieties that might underpin the current emphasis on happiness and the ideological or governmental ends that may

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be served by the framing of happiness in psychology and economics. With attention to how individuals understand and pursue happiness in their daily lives, *Critical Happiness Studies* highlights different theoretical paradigms that demonstrate the role of power in producing specific conceptualizations of happiness and, consequently, how they frame individual self-understanding or subjectivities and (re)shape political problems. The collection makes available critical, theoretical, and methodological resources for addressing a powerful set of cultural, political, and

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scientific discourses that have loomed large since the closing decade of the 20th century. A call for the establishment of a body of work in critical happiness studies, this book will appeal to scholars across the social sciences and humanities interested in the age-old problem of happiness.

Huwelijksgeluk

Learning to Flourish

65+. The Best Years of Your Life

Narrative and the Politics of Modernity

Taking Stock and Moving Forward

Mourning Happiness

Blessing and Fulfillment in

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Christian Faith

This collection ranges far and wide, as befits the personality and accomplishments of the dedicatee, Geoffrey V. Davis, German studies and exile literature scholar, postcolonialist (if there are 'specialties', then Australia, Canada, India, South Africa, Black Britain), journal and book series editor.... The volume opens with essays on cultural theory and practice, proceeds to close analyses of 'settler colony' texts from Canada, India, Australia, and New Zealand (drama, fiction, and poetry) as well as Pacific drama and

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Canadian indigeneity, thence 'homeward' to the UK (black drama, Scottish fiction, the music of Morrissey) and to German themes (exile literature; fictions about Hitler). Because Geoff's commitment to literature has always been 'hands-on', the book closes with a selection of poems and experimental prose. Writers discussed include Carmen Aguirre, Hany Abu-Assad, Beryl Bainbridge, Albert Belz, Peter Bland, Peter Carey, Lynda Chanwai-Earle, Kamala Das, Robert Drewe, Éric Emmanuel-Schmitt, Toa Fraser, Stephen Fry, Dianna Fuemana, Mavis Gallant, Alasdair Gray, Xavier

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Herbert, Janette Turner
Hospital, Elizabeth Jolley,
Wendy Lill, Varanasi
Nagalakshmi, Arundhati Roy,
Daniel Sloate, Drew Hayden
Taylor, Jane Urquhart, Roy
Williams, and Arnold Zweig.
Waarom hebben getalenteerde
mensen vaak moeite om hun
doelen te bereiken terwijl
minder begaafde individuen
soms zonder slag of stoot
verbazingwekkende prestaties
leveren? Op basis van haar
eigen verhaal als dochter
van een wetenschapper die
zich vaak beklagde over
haar vermeende gebrek aan
intelligentie, beschrijft
Angela Duckworth haar
loopbaan door het onderwijs,
de consultancybusiness en de

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neurowetenschap. Het leidde tot de hypothese dat werkelijk succes vooral ontstaat door een speciale mix van volledige overgave en de vastberadenheid om te werken aan je langetermijndoelen: grit. In dit boek doet Duckworth, winnaar van de prestigieuze MacArthur Genius Award, haar theorie uit de doeken en helpt ze iedereen om aan de hand van zes kernwaarden hun eigen grit-factor te bepalen: hoop, inspanning, precisie, passie, rituelen en prioriteiten. Grit gaat voorbij aan clichés als 'succes is vooral hard werken' en biedt een frisse en motiverende manier om

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zelf ongekende resultaten te behalen.

The New Yearbook for Phenomenology and Phenomenological Philosophy provides an annual international forum for phenomenological research in the spirit of Husserl's groundbreaking work and the extension of this work by such figures as Scheler, Heidegger, Sartre, Levinas, Merleau-Ponty and Gadamer. The Declaration of Independence claims that individuals need liberty to pursue happiness, but provides little guidance on the "what" of happiness. Happiness studies and liberal theory are

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incomplete guides. Happiness studies offer insights into what makes people happy but happiness policy risks becoming doctrinaire. Liberal theory is better on personal liberty, but weak on the “what” of happiness. My argument is that American novelists are surer guides on the pursuit of happiness. Treated as political thinkers, my book offers a close reading of four American novelists, Tom Wolfe, Walker Percy, Edith Wharton, and Nathaniel Hawthorne, and their critique of the pursuit of happiness. With a critical and friendly eye, they present the shortcomings of

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pursuing happiness in a liberal nation but also present alternatives and correctives possible in America. Our novelists point us toward each other in friendship as our greatest resource to guide us towards happiness.

In Praise of Melancholy
Making a Good Life in the
Law

The Question Of Morale:
Managing Happiness And
Unhappiness In University
Life

Is Happiness a Cigar Called
Hamlet?

The Anti-Anxiety Diet
Critically Engaging Cbt
What it Is, with All the
Kinds, Causes, Symptomes,

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Prognostics, ... In Three
Partitions. ... By
Democritus Junior. With a
Satyricall Preface ... The
Ninth Edition, Corrected; to
which is Now First Prefixed,
an Account of the Author.

...

**Scholars of the social sciences
have devoted more and more
attention of late to the concept of
human happiness, mainly from
sociological and psychological
perspectives. This volume, which
includes essays from scholars of
the New Testament, the Old
Testament, systematic theology,
practical theology, and counseling
psychology, poses a new and
exciting question: what is**

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happiness according to the Bible? Informed by developments in positive psychology, The Bible and the Pursuit of Happiness explores representations of happiness throughout the Bible and demonstrates the ways in which these representations affect both religious and secular understandings of happiness. In addition to the twelve essays, the book contains a framing introduction and epilogue, as well as an appendix of all the terms used in reference to happiness in the Bible. The resulting volume, the first of its kind, is a highly useful and remarkably comprehensive resource for the

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**study of happiness in the Bible
and beyond.**

**Examines the contemporary
discourse on happiness through
the lens of governmentality
theory. Recent decades have seen
an explosion of interest in the
phenomenon of happiness, as
evidenced by self-help books, talk
shows, spiritual mentoring,
business management, and
relationship counseling. At the
center of this development is the
expanding influence of “positive
psychology,” which places the
concern with happiness in a new
position of professional
respectability, while opening it to
institutional applications. In**

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settings as diverse as college education, business, military training, family, and financial planning, happiness has appeared as the object of a new technology of emotional self-optimization. As such, happiness has come to define a new mentality of self-government—or a “governmentality” as the concept is developed in the work of Michel Foucault—one that Sam Binkley demonstrates is aligned closely with economic neoliberalism. *Happiness as Enterprise* blends theoretical argumentation and empirical description in an engaging and accessible analysis that brings governmentality

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theory into contact with sociological theories of practice and temporality, particularly in the work of Pierre Bourdieu. This book invites readers not only to consider the new discourse on happiness for its relation to contemporary formations of power, but to rethink many of the assumptions of governmentality theory in a manner sensitive to the mundane practices and everyday agencies of government, and the unique and specific temporalities these practices imply.

Being happy yourself has the potential to change other lives and foster a more caring society

There is a comforting tale that

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heads of higher education institutions (HEIs) like to tell each other. "Go around your university or college," they say, "and ask the first ten people who you meet how their morale is. The response will always be 'rock-bottom.' Then ask them what they are working on. The responses will be full of life, of optimism and of enthusiasm for the task in hand." The moral of the story is that the two sets of responses don't compute; that the first is somehow unthinking and ideological, and the second unguarded and sincere. The thesis of this book is that the contradictory answers may well compute more effectively than is

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acknowledged: that the culture of higher education and the mesh of psychological contracts, or "deals," that make it up make much of the current discourse about happiness and unhappiness in contemporary life look simplistic and banal. In particular, the much-vaunted "science of happiness" may not have much to say to us. There is also a potential link between the Manichean discourse about morale and our wider culture's approach to happiness. Both normally deal in extremes, and much more rarely in graduations. Why is so much discourse about contemporary higher education

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structured around (real and imagined) unhappiness? How does this connect with the realities of life within (and just outside) the institutions? Does it matter, and, if so, what should we be doing about it? Based on historical, sociological and philosophical analysis, this book offers some answers to these questions.

**Theory into policy and practice
Searching for Natural Darkness
in an Age of Artificial Light
What the Old and New
Testaments Teach Us about the
Good Life
Searching for Happiness in
University Life**

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Critical Happiness Studies Views of Happiness and Quality of Life in Non-Western Cultures Navigating the Emotional Spaces of Digital Social Networks

Learning to Flourish offers a lucid, penetrating, philosophical exploration of liberal learning: a still-evolving tradition of theory and practice that has dominated and sustained intellectual life and learning in much of the globe for two millennia. Daniel R. DeNicola weighs the views of both advocates and critics of the liberal arts, and interprets liberal education as aimed supremely at understanding and living

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a good life, as a vital tradition generating five competing but complementary paradigms that transcend theories of curriculum and pedagogy and are manifested in particular social contexts. He examines the transformative power of liberal education and its relation to such values as freedom, autonomy, and democracy, reflecting on the importance of intrinsic value and moral understanding. Finally, he considers age-old obstacles and current threats to liberal education, ultimately asserting its value for and urgent need in a global, pluralistic,

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technologically advanced society. Offering a bold yet nuanced theory of liberal education, this study will be of great interest to educators as well as those specializing in Philosophy of Education.

'Hoe vertel je een versplinterd verhaal? Door langzaam iedereen te worden. Nee. Door langzaam alles te worden.' Het ministerie van Opperst Geluk neemt ons mee op een indringende reis door het Indiase subcontinent - van de nauwe straatjes in het oude Delhi en de blinkende winkelpromenades van deze snelgroeiende nieuwe wereldstad naar de besneeuwde bergen en de

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valleien van Kasjmir, waar
oorlog vrede is en vrede
oorlog, en waar zo nu en dan
de 'normaaltoestand' wordt
afgekondigd. Anjum, die
eerst Aftab heette, rolt een
versleten Perzisch tapijtje
uit op de
gemeentebegraafplaats waar
ze haar intrek heeft
genomen. We maken kennis met
de onverbeterlijke Saddam
Husseini, de onvergetelijke
Tilo, en de drie mannen die
van haar houden - onder wie
Musa, wiens lot net zo nauw
verstrengeld is met het hare
als hun armen ooit waren.
Tilo's huisbaas, een van
haar andere minnaars, is als
waarnemend hoofd van de
Inlichtingendienst

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gestationeerd in Kaboel. Dan zijn er de twee Miss Jebeens: de eerste werd geboren in Srinagar en werd daar toen ze vier jaar was begraven op de overbevolkte Begraafplaats der Martelaren; de tweede werd rond middernacht gevonden in New Delhi op een betonnen stoep in een kribbe van afval. Het Ministerie van Opperst Geluk is een aangrijpende liefdesgeschiedenis en een maatschappelijke aanklacht ineen, een hartverscheurend, duizelingwekkend verhaal, dat nu eens fluisterend, dan weer luidkeels wordt verteld, soms met een lach, soms door de tranen heen. De

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hoofdpersonen zijn allen
beschadigd door de wereld
waarin ze leven, maar
hervinden hun kracht door de
liefde die ze tegenkomen op
hun pad, en door hoop te
blijven houden. Ondanks hun
kwetsbaarheid verliezen ze
nooit de moed. Hun
afzonderlijke, kleurrijke
levens vervlechten zich in
deze meeslepende,
diepmenselijke roman, die de
grenzen van de vertelkunst
opnieuw definieert. Op elke
pagina bewijst Arundhati Roy
haar weergaloze
schrijftalent. Arundhati Roy
(1961) kreeg voor haar
debuutroman *De God van
Kleine Dingen*, die in meer
dan veertig talen werd

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vertaald, in 1997 de Booker Prize. Sindsdien publiceerde Roy vijf non-fictieboeken. Het ministerie van Opperst Geluk, haar tweede roman, verschijnt twintig jaar na haar debuut. Ze woont in Delhi.

A two-week sugar detox that tackles anxiety. Why are we so anxious? Why are more of us more anxious than ever before? The most recent and compelling science tells us that anxiety is not merely a chemical imbalance in the brain, it's a result of inflammation and a dodgy gut. Which means that anxiety has a lot to do with our lifestyle choices, particularly what we're

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putting in our mouths. If you're eating more than six teaspoons of sugar a day, then no wonder you're anxious. But there are some simple swaps you could make to help ease and soften your anxiety. Ditching processed food and eating more whole foods leads to better mental health. And the most direct way to make this switch is to quit sugar. In The Anti-Anxiety Diet, sugar addiction expert Sarah Wilson explores how the anxiety fix doesn't have to be medication. It could be putting in place a few simple, sensible and life-enhancing dietary and daily habit change-ups. This is a

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little book about what to eat if you want to feel well. Packed with delicious, easy-to-prepare recipes and colour photos it's a simple two-week plan to soothing the anxiety beast.

In How to Build a Better Human, prominent bioethicist Gregory E. Pence argues if, we are careful and ethical, we can use genetics, biotechnology, and medicine in safe ethical ways for human enhancement. He looks at the innovations and challenges that have occurred since the birth of bioethics almost 50 years ago and considers the ethical implications of the technological advances that

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*are just around the corner.
With lessons for people of
every age*

*Het boek van vreugde
Against Happiness
een pleidooi voor rede,
wetenschap, humanisme en
vooruitgang*

*The New Yearbook for
Phenomenology and
Phenomenological Philosophy
Learning the Deep Meaning of
Happiness*

De grit factor

An argument that as we engage with social media on our digital devices we receive, modify, intensify, and transmit moods. Psychology.

What is the key to happiness in later life? Since the time of the

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ancient philosophers such as Plato and Aristotle, the human race has questioned and written about what makes us happy. But with the rise of life expectancy and rapidly ageing populations, happiness in later life has become a major topic of debate. Drawing on three sources, the lessons of history, a survey of 150 people aged over 65 and the findings of the present-day positive psychologists, this book analyses and considers what it means to be in happy in later life and how it can be achieved. Bowden reflects on our many and differing views of life after retirement and finds lessons that can also contribute to our

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happiness in earlier years. Importantly, this book also asks, and answers, what role governments and our social institutions play in bringing about happiness. This valuable and well-informed insight into happiness in later life leaves the reader with little doubt that the post-65 years can indeed be your best.

This book examines the meaning of happiness in Britain today, and observes that although we face challenges such as austerity, climate change and disenchantment with politics, we continue to be interested in happiness and living well. The author illustrates how happiness

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is a far more contested, social process than is often portrayed by economists and psychologists, and takes issue with sociologists who often regard wellbeing and the happiness industry with suspicion, whilst neglecting one of the key features of being human – the quest for a good life. Exploring themes that question what it means to be happy and live a good life in Britain today, such as the challenges young people face making their way through education and into their first jobs; work life-balance; mid-life crises; and old age, the book presents nineteen life stories

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that call for a far more critical and ambitious approach to happiness research that marries the radicalism of sociology, with recent advances in psychology and economics. This book will appeal to students and academics interested in wellbeing, happiness and quality of life and also those researching areas such as the life course, work-life balance, biographies, aging and youth studies.

How to Build a Better Human

The Promise of Happiness

An Ethical Blueprint

Engaging with Literature of

Commitment. Volume 2

Verlichting nu

International Differences in Well-

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Being

The Mercy of Eternity

Hoe word je een stoïcijn? Massimo Pigliucci laat zien hoe deze oude filosofie toepasbaar is in het moderne leven. Toen Pigliucci de vijftig naderde, werd hij overvallen door grote levensvragen en het besef van zijn eigen sterfelijkheid. Hij ging zich verdiepen in de praktische filosofie van de stoïcijnen, die uitstekend past bij seculiere westerlingen.

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Ze leert je te focussen op wat binnen je macht ligt en zo een zekere gelijkmoedigheid te bereiken. Pigliucci combineert een glasheldere uitleg van deze tijdloze filosofie met persoonlijke voorbeelden. Ten slotte formuleert hij twaalf leefregels voor de moderne stoïcijen.

Americans are addicted to happiness. When we're not popping pills, we leaf through scientific studies that take for granted our quest for

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happiness, or read self-help books by everyone from armchair philosophers and clinical psychologists to the Dalai Lama on how to achieve a trouble-free life: Stumbling on Happiness; Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment; The Art of Happiness: A Handbook for Living. The titles themselves draw a stark portrait of the war on melancholy. More than any other

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generation, Americans of today believe in the transformative power of positive thinking. But who says we're supposed to be happy? Where does it say that in the Bible, or in the Constitution? In *Against Happiness*, the scholar Eric G. Wilson argues that melancholia is necessary to any thriving culture, that it is the muse of great literature, painting, music, and innovation—and that it is the force underlying

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original insights. Francisco Goya, Emily Dickinson, Marcel Proust, and Abraham Lincoln were all confirmed melancholics. So enough Prozac-ing of our brains. Let's embrace our depressive sides as the wellspring of creativity. What most people take for contentment, Wilson argues, is living death, and what the majority takes for depression is a vital force. In *Against Happiness: In Praise of Melancholy*,

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Wilson suggests it would be better to relish the blues that make humans people.

In his harrowing yet ultimately hopeful memoir, *The Mercy of Eternity*, the author turns an unsparing eye on his own continuing struggle with bipolar depression and finds, within the very illness that causes so much suffering, the resources for hope, forgiveness, and love. --from publisher description.

Positive psychology

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exploded into public consciousness 10 years ago and has captured attention around the world ever since. In this book, experts from diverse fields address the question of whether the movement is fulfilling its promise.

Join authors like Csikszentmihalyi, Simonton, Emmons, and Fredrickson in charting a bold new course for the future of positive psychology.

The Pursuit of Happiness
de kracht van passie en

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doorzettingsvermogen

Hoe word je een

stoicijn?

From the Bestselling

Author of I Quit Sugar

oude filosofie voor het

moderne leven

The Worldly Scholar

Het ministerie van

opperst geluk

A work of rare scope and power that grapples with the big questions: Is happiness the proper end of life, as the Greeks conceived it to be, or is life, as it appears since the early English novel, an endless trial?--Adam Potkay

Kritische analyse van

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vrijemarktdenken Er zijn misschien wat nadelen aan verbonden, maar er is eigenlijk geen alternatief voor de vrijemarkteconomie. We worden er toch ook allemaal beter van? Fout. Ha-Joon Chang, een van de meest gerespecteerde economen ter wereld, maakt in dit boek korte metten met de grootste mythes over de economie in het algemeen en het vrijemarktdenken in het bijzonder. Niet iedereen wordt rijker van marktwerking, duurbetaalde managers leveren niet per se betere prestaties en we leven niet in een postindustriële economie. Chang weet elk idee dat wij

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over economie hebben op zn kop te zetten. 23 dingen die ze je niet vertellen over het kapitalisme, boordevol informatie over geld, gelijkheid, vrijheid en hebzucht, laat zien dat de vrije markt veel verliezers kent en vaak leidt tot een inefficiënte manier van economie bedrijven. In dit prikkelende boek legt de auteur, die in de traditie staat van John Kenneth Galbraith and Joseph Stiglitz, uit hoe de economie echt werkt en waarom verstandig overheidsbeleid meestal tot betere resultaten leidt dan pure marktwerking.

The Promise of Happiness is

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a provocative cultural critique of the imperative to be happy. It asks what follows when we make our desires and even our own happiness conditional on the happiness of others: "I just want you to be happy"; "I'm happy if you're happy." Combining philosophy and feminist cultural studies, Sara Ahmed reveals the affective and moral work performed by the "happiness duty," the expectation that we will be made happy by taking part in that which is deemed good, and that by being happy ourselves, we will make others happy. Ahmed maintains that happiness is a promise that

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directs us toward certain life choices and away from others. Happiness is promised to those willing to live their lives in the right way. Ahmed draws on the intellectual history of happiness, from classical accounts of ethics as the good life, through seventeenth-century writings on affect and the passions, eighteenth-century debates on virtue and education, and nineteenth-century utilitarianism. She engages with feminist, antiracist, and queer critics who have shown how happiness is used to justify social oppression, and how challenging oppression

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causes unhappiness. Reading novels and films including Mrs. Dalloway, The Well of Loneliness, Bend It Like Beckham, and Children of Men, Ahmed considers the plight of the figures who challenge and are challenged by the attribution of happiness to particular objects or social ideals: the feminist killjoy, the unhappy queer, the angry black woman, and the melancholic migrant. Through her readings she raises critical questions about the moral order imposed by the injunction to be happy. People want to be happy. Nothing could be more obvious, and yet this common

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and evident goal is not as easy to achieve as it is to desire. The Christian tradition has understood happiness to be gained through relationship with God, and it has much to say about what will make us truly happy and what will not. This book examines happiness from a Christian perspective, using John Wesley as the focus of study because he understood happiness with God to be the very goal of Christian life. He also understood that Christian happiness needed to acknowledge the difficulties of life. This book seeks to learn from the wisdom of the past in order

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to imagine how Christians today might talk about happiness in a way that is faithful to the tradition and engages the world as well.

The Pursuit of Happiness and the American Regime

Happiness as Enterprise

EBOOK: The Question Of

Morale: Managing Happiness

And Unhappiness In

University Life

Social happiness

Happiness Across Cultures

Of Good Comfort

De Optimalist

"Reordered Love, Reordered Lives explores a distinctly Augustinian theme that is supremely relevant for the twenty-first century. Naugle

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explains that if we love properly - that is, if we love beginning with God and progressing to other humans, ourselves, and the world around us - we will also live properly and, in so doing, will find our own true happiness. Packed with select quotes and references to popular music, literature, and other media - and including provocative questions for discussion - the book presents classic theological ideas in a conversational and edgy fashion. Naugle's refreshing take is sure to appeal to anyone searching for happiness - which, in the end, is all of us."--BOOK JACKET.

The development of happiness as an explicit theme in social research

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and policy worldwide has been rapid and remarkable, posing fundamental questions about our personal and collective motives and purposes. This book examines the achievements and potential of applied happiness scholarship in diverse cultures and domains. It argues that progressive policies require a substantial and explicit consideration of happiness. Part one introduces the development of happiness themes in scholarship, policy and moral discourse. Part two explores the interplay between happiness scholarship and a wide variety of domains of social experience, including relationship guidance, managing social

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aspirations, parenting, schooling, gender reform, work-life harmonizing, marketing and consumption and rethinking old age. This exciting new text will appeal to policy makers, social organizers and community development practitioners, especially those interested in well-being related policy innovation and social entrepreneurship. It will also be of interest to academics embedded in policy practice.

This book sums up 100 of years of research into the study of happiness—from 19th century scientific insights on the subject to the pop psychology perspectives of modern-day America. • Concise

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*summaries of classic debates on the
meaning of happiness • An
examination of cultural and
individual belief systems regarding
happiness*
Designing Positive Psychology