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# Summary And Analysis Of The Happiness Advantage By Shawn Achor

The Happiness Advantage  
(Summary): Summary and Analysis of "The Happiness Advantage" by Shawn Achor  
Summary Station



## Synopsis

This book is responsible for changing the way that people from all over the world conduct their lives and careers. This book starts out with Shawn explaining his experience at Harvard University. He explains how his gratitude for being able to attend one of the best universities in the world caused him to fall in love with the school. Looking back, he was able to determine that his experience at Harvard was significantly impacted by his enormous sense of gratitude for being selected to attend. This insight was partly responsible for the inspiration behind the topics he would choose to research. Shawn points out the fact that Harvard is a very demanding university, and most of the students who attend experience a great deal of stress due to the school's high expectations. A theory was formed, and it basically stated that the students who do not have a sense of gratitude for being at Harvard become stressed more easily. Here is a preview of what you'll learn: General overview and summary of The Happiness Advantage Examples from The Happiness Advantage The reason The Happiness Advantage was created

## Book Information

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## Customer Reviews

Although I now have a copy of, "The Happiness Advantage," I still refer to the (Summary Station Edition) because it is a fast way to review the essential details and research on how and why to develop "Happiness" within, as presented in the original book by Achor. This is one of the finest reads I have uncovered in a long while! I would always wish to have both of these books in my library.

This brief summary work is just plain awful, not deserving one star even. It includes glaring typos, grammatical errors, even chapter headings with incorrect words used (principle/principal), shift in person throughout the entire reading from 3rd person to "you" conversational 2nd person, "its" and "it's" and possessives used incorrectly, and a fundamentally childish summary of the book and research. Strangely enough, I am a happy and positive person, and as I read I began to wonder if I was being tested for some therapeutic response of gratitude (a fundamental happiness factor in Achor's book). Impossible. This is an awful document, written at a failing middle-school level, with editorial renderings to match. I will ask for a refund of my \$2.99, as this document does not belong in the reputable marketplace.

The original "Happiness Advantage" surprised me...I normally don't like "self-help" motivation type books, but this one sucked me in and I feel I have gained some excellent tools to veer my life toward a happier road. I thought this summary would be a quick way for me to "recharge" myself with an easy access review of the 7 tricks ('principals') from the original book that have been so successful for me. But although this summary is a great idea, I found very little inspiration reading it. The best thing it offered me was realizing that is in large part the style of the original author that made that book so inspiring for me, not just the facts and conclusions. In the end, this book encouraged me to go back and reread the original. Now instead of reading the Summary, I just content myself with re-reading the original a little bit at a time.

This book is pathetic. I'm sending it back - I should have read the other reviews. The font is so large - probably 20 with only 14 lines per page. If the font and spacing were normal it would be about 6-7 pages. I'm not "happy" with it. If you have ever written a review you know that a one star rating lights up the words "I hate it" !

Good insights in this material

great self help!

Misspelled words and poor grammar were annoying

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