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Sonja Lyubomirsky is a professor of psychology at the University of California, Riverside, and the author of The How of Happiness and, most recently, The Myths of Happiness. She lives in Santa Monica, California.

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Here are 5 of my favorite Big Ideas from "The Myths Of Happiness" by Sonja Lyubomirsky. Hope you enjoy! Sonja Lyubomirsky is one of the world's leading positive psychology researchers.

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The key tenet of THE HOW OF HAPPINESS is that every human being has a happiness 'set point' which, depending on how high or low it is, can determine how positive or negative they feel.

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Sonja Lyubomirsky Wikipedia

The Myths of Happiness. In her second book, The Myths of Happiness, published by Penguin Press, Sonja Lyubomirsky, drawing from research studies of hers and from all around the world, examines why the major life events that should make a person happy don't, and that what shouldn't make us happy often does.

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Debunking the Myths of Happiness Greater Good

Scroll To Top Debunking the Myths of Happiness Sonja Lyubomirsky explains what we misunderstand about happiness, and how we can get it right--part of Greater Good's podcast series.

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How of Happiness Psychology Today

Always emphasizing how much of our happiness is within our control, Sonja Lyubomirsky addresses the "scientific how" of her happiness research, demystifying the many myths that unnecessarily

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