



Happiness: A Very Short Introduction (Very Short Introductions)

Daniel M. Haybron

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Happiness is an everyday term in our lives, and most of us strive to be happy. But defining happiness can be difficult.

In this Very Short Introduction, Dan Haybron considers the true nature of happiness. By examining what it is, assessing its subjective values, its importance in our lives, and how we can (and should) pursue it, he considers the current thinking on happiness, from psychology to philosophy.

Illustrating the diverse routes to happiness, Haybron reflects on the growing influence of secular Western ideas in the contemporary pursuit of a good life, and considers the influence of social context on our satisfaction and well-being.

About the Series:

Oxford's Very Short Introductions series offers concise and original introductions to a wide range of subjects--from Islam to Sociology, Politics to Classics, Literary Theory to History, and Archaeology to the Bible. Not simply a textbook of definitions, each volume in this series provides trenchant and provocative--yet always balanced and complete--discussions of the central issues in a given discipline or field. Every Very Short Introduction gives a readable evolution of the subject in question, demonstrating how the subject has developed and how it has influenced society. Eventually, the series will encompass every major academic discipline, offering all students an accessible and abundant reference library. Whatever the area of study that one deems important or appealing, whatever the topic that fascinates the general reader, the Very Short Introductions series has a handy and affordable guide that will likely prove indispensable.

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