



## The Happiness Track : How to Apply the Science of Happiness to Accelerate Your Success

By Emma Seppala

Hachette India, New Delhi, 2016. Soft cover. Book Condition: New. 22 cms. 240pp. Everyone wants to be happy and successful and yet the pursuit of both has never been more elusive. We are urged to craft careers that matter, to achieve more and waste no time on the small stuff, to be actively engaged in our communities and, while we are at it, to relish every second. Rather than thriving, all this pressure leads to declining wellbeing, relationships and, paradoxically, productivity. In *The Happiness Track* Emma Seppälä explains that behind our inability to achieve sustainable fulfillment are counterproductive theories of success. Success doesn't have to come at our personal expense. Drawing on the latest research into resilience, willpower, growth mindset, stress, creativity, compassion, mindfulness, gratitude training and optimism, Seppälä shows how nurturing ourselves is the most productive thing we can do to thrive professionally and personally. Filled with practical advice on how to apply these findings to your daily life, *The Happiness Track* is a life-changing guide to fast-tracking your success and creating an anxiety-free life.



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