



# Summary and Analysis of The Happiness Advantage by Shawn Achor

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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

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