



Happiness Is a Serious Problem: A Human Nature Repair Manual

By Dennis Prager



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Happiness Is a Serious Problem: A Human Nature Repair Manual By
Dennis Prager



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We are completely satisfied with nothing

There is little correlation between the circumstances of people's lives and how happy they are.

This is the repair manual we should have been handed at birth

When you ask people about their most cherished values in life, "happiness" is always at the top of the list. However, unhappiness does not seem to be the exceptional order to be happy, we first have to battle ourselves.

Happiness is an obligation--to yourself and to others

Not only do we have a right to be happy, we have an obligation to be happy. Our happiness has an effect on the lives of everyone around us--it provides them with a positive environment in which to thrive and to be happy themselves.



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Happiness Is a Serious Problem: A Human Nature Repair Manual By Dennis Prager Bibliography

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Editorial Review

Amazon.com Review

In this unique blend of self-help and moral philosophy, talk-radio host Dennis Prager asserts that we're actually obligated to be happy, because it makes us better people. Achieving that happiness won't be easy, though: to Prager, it requires a continuing process of counting your blessings and giving up any expectations that life is supposed to be wonderful. "Can we decide to be satisfied with what we have?" he asks. "A poor man who can make himself satisfied with his portion will be happier than a wealthy man who does not allow himself to be satisfied." Prager echoes many conservative political commentators in complaining that too many people today see themselves as victims; he submits that the only way to achieve your desires is to take responsibility for your life rather than blaming others. Whether or not you agree with that view, if you're willing to put some thought into achieving a happier outlook, you will find plenty to mull over in *Happiness Is a Serious Problem*.

From Library Journal

A popular lecturer, Los Angeles radio personality, and former TV talk-show host, Prager has developed a surprising following in today's soundbite media culture. Supporters praise his earnest tone, nonideological opinions, and insistence that his audience think deeply about serious issues. Detractors accuse him of sloppy thinking, intellectual pretensions, and a kind of benevolent, patronizing conservatism. Both sides of Prager are in evidence in his latest offering (after *Think a Second Time*, ReganBooks, 1995), in which he uses the pursuit of happiness as a central motif but generally instructs in the modern art of self-improvement. The 31 short chapters, with titles like "Find the Positive," "Seeing Yourself as a Victim," and "Psychotherapy and Religion," are more like separate essays, often disconnected and occasionally repetitive. But taken individually, they are cogent, complete, and preach a nonreligious yet morally guided moderation that should appeal across a wide range of patron groups. A fine choice for all public libraries where self-help books are popular. —Eric Bryant, "Library Journal"

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Review

"...a cogent and thoughtful examination on why human beings have a moral obligation to be happy." -- --
USA Today

"Prager's latest book challenges readers to realize that they--not any outside force--are the greatest obstacle to happiness." -- -- *Los Angeles Times*

"...[Prager] has an astonishing ability to state simple truths we hadn't heard articulated before, at least not so clearly, in a way that makes their truthfulness immediately and powerfully obvious." -- *The Wall Street Journal*

"...a cogent and thoughtful examination on why human beings have a moral obligation to be happy." -- *USA Today*

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happiness." -- *Los Angeles Times*

"There is perhaps no more important task for a person than the research for happiness, and no more reliable guide in that quest than Dennis Prager." -- *Rabbi Harold Kushner, author of When Bad Things Happen to Good People*

Users Review

From reader reviews:

Joseph Jenkins:

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Caroline Edwards:

A lot of people always spent their own free time to vacation or go to the outside with them family members or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity here is look different you can read the book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day every day to reading a publication. The book Happiness Is a Serious Problem: A Human Nature Repair Manual it is quite good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In case you did not have enough space to deliver this book you can buy the e-book. You can m0ore simply to read this book from a smart phone. The price is not too expensive but this book features high quality.

John Lyons:

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