

"A carefully researched, engaging look at how to improve ourselves without losing our authenticity or our sanity."

—**ADAM GRANT**, Wharton professor and *New York Times* bestselling author of *Give and Take*

THE HAPPINESS TRACK

HOW TO APPLY THE SCIENCE OF HAPPINESS
TO ACCELERATE YOUR **SUCCESS**



EMMA SEPPÄLÄ, PH.D.
SCIENCE DIRECTOR OF **STANFORD'S**
CENTER FOR COMPASSION AND ALTRUISM RESEARCH AND EDUCATION

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