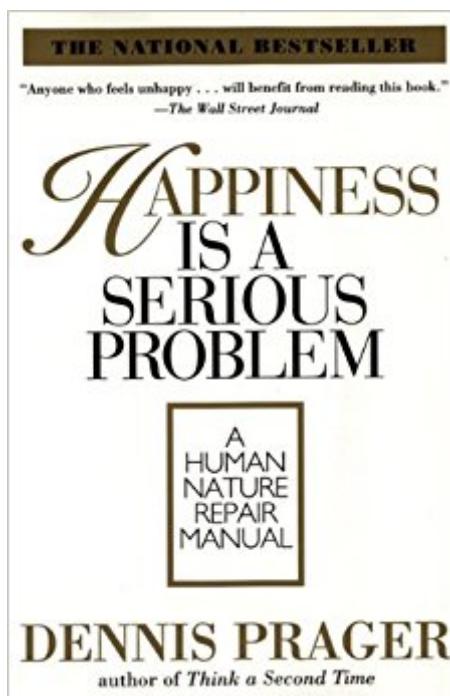


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# Happiness Is A Serious Problem: A Human Nature Repair Manual



## Synopsis

In this unique blend of self-help and moral philosophy, perfect for fans of Gretchen Rubin's *The Happiness Project* or Dan Harris's *10% Happier*, talk-radio host Dennis Prager shows us that happiness isn't just a value—it's a moral obligation. When you ask people about their most cherished values, "happiness" is always at the top of the list. In this enduring happiness manifesto, Prager examines how happiness not only makes us better people, but has an effect on the lives of everyone around us—providing them with a positive environment in which to thrive and be happy themselves. 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 other 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. 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*.

## Book Information

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## Customer Reviews

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*. --This text refers to an out of print or unavailable edition of this title.

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" Copyright 1998 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Prager is Clarity personified. I've been enamored of his clear-thinking and enormous intellect for years, catching his radio show when I can. This book exposes why Happiness is a moral choice and lists the barriers to it in a thoughtful way. I'm still reading and re-reading sections, but I'm glad it's on my Kindle and I'll likely sample some of his other books. Thanks, Dennis!

it is an easy read, contains much information and is helpful to understand people in a general way, and yourself in a much more moving way.. Working through life is constant work, developing and understanding each other and yourself... Trying to find that elusive happiness. When I finished the book, I kept looking at it, expecting more, it somehow did not seem finished. I have returned to reread it, this time slower looking for the points that I know I missed or skimmed over. This is a book

that contains wisdom, should be read slowing and with some thought. Maybe in my second reading I will find the "sudden ending" was not so sudden. Thank you, Mr. Prager, for all that you do to improve the world, one piece at a time.

Best book ever. I'm buying five more copies to give as Christmas gifts. Young or old, this simple to understand approach to our attitudes about happiness, and understanding what contributes towards it or keeps you from feeling it, will be explained in this book. It is THE handbook I want my 20 year old daughter to read on her winter break and one that I will refer to myself, over and over again. Quick read, Mr. Prager explains our pursuit of happiness in such a simple to understand manner. He really DOES have all the answers.

I love this writer! He has a way of taking complex themes and distilling them to their essence. He often says he values "clarity over agreement," and in this he succeeds brilliantly. The idea that happiness is a choice goes at least back to Abraham Lincoln, but the argument that we actually have a responsibility toward those around us to be as happy as we can (!) is a take on the topic I have heard nowhere else. As explained by Prager, his argument is compelling. An excellent book to read and pass around to anyone who suffers from self-pity.

For anyone challenged by "real life" -- someone you care about! This little volume offers thought-provoking concepts and fresh perspectives on what it means to be human and operate in a world where others don't always appreciate you, or act like you... and that means most everyone! Suggest you open the book and read whatever "speaks" to you at the time, as each "chapter" is self-contained. Then, when you are ready, start at page one and read all the way through as the author has organized his thoughts. You will gain a much deeper orientation to the material if you read this little book "both ways!" Enjoy!

Love this book. Dennis Prager is such a wonderful author and speaker. I listen to him every day in the morning on the radio in California. I think everyone needs to read this book if they have any issues with being happy. It will certainly make one rethink things.

Good book with lots of information to internalize. I personally like the author and think he has a lot of good attitudes about life.

Dennis Prager makes a savage argument for happiness. This book is a great read and if you are honest it will change your life!

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