

THE 100 SIMPLE SECRETS OF
Happy People

David Niven, Ph.D.



What Scientists Have Learned
and How You Can Use It

The 100 Simple Secrets Of Happy People

David Niven, PhD



The 100 Simple Secrets Of Happy People:

100 Simple Secrets of Happy People David Niven, 2000 Briefly explains one hundred ways to improve one's daily satisfaction with life presenting simplified information learned in scientific studies on happiness

100 Simple Secrets of Happy People David Niven, 2000-04-01 Experts have spent their careers investigating what makes people happy While their methods are sound and their conclusions valuable the results often remain hidden in obscure scholarly journals At last social scientist and psychologist David Niven Ph D has cut through the scientific gobbledygook After examining over a thousand of the most recent and important scholarly studies into the psychological traits of happy people and uncovering their most promising discoveries into the causes of happiness Dr Niven presents 100 easy to digest nuggets of advice Enjoy what you have Believe in yourself Turn off the TV Grounded in science his approach is fresh useful and inspiring

The 100 simple secrets of happy people David Niven, 2000

100 Simple Secrets of Happy Families David Niven, PhD, 2009-10-13 The Simple Science of a Happy Family From raising children to getting along with in laws what do people with close and loving families do differently than those with strained or unfulfilling relationships Sociologists therapists and psychiatrists have spent entire careers investigating the ins and outs of family dynamics yet their findings are inaccessible to ordinary people hidden in obscure journals to be shared with other experts Now David Niven the international bestselling author of The 100 Simple Secret series has collected the most current and significant data from more than a thousand of the best scientific studies on families and then spelled out the findings in plain English The advice is based not on one person's unique experiences or opinions but offers for the first time the research of noted scientists studying average American families These findings have been boiled down to one hundred essential ways to find and maintain love joy and satisfaction in all family relationships Each statistic is accompanied by a true story about a real family showing the results in action Don't Forget the Past Parents who share stories of family history with their children create higher levels of concern for family members and increase the likelihood of their children's happiness No Price Tag Once basic necessities are met the increasing economic status of one's family has zero effect on the likelihood of feeling satisfied with life Let Every Opinion Be Heard Senior citizens having trouble living in their own homes are 84 percent more likely to be satisfied with their housing situation if they feel as if their concerns are an important part of selecting a new home or facility The Greatest Gift Life satisfaction is 72 percent more likely among those who feel content with their family life

The 100 Simple Secrets of Successful People David Niven, PhD, 2009-03-17 What are the keys to success Scientists have studied the traits beliefs and practices of successful people in all walks of life But the answers they find wind up in stuffy academic journals aimed at other scientists The 100 Simple Secrets of Successful People takes the best and most important research results from over a thousand studies and spells out the key findings in ways we can all understand Each entry contains advice based on those findings a real life example of what to do or not to do and a telling statistic based on scientific research

100 Simple Secrets of the

Best Half of Life David Niven, PhD, 2009-10-13 Practical advice on how to thrive in the second half of your life based on scientific studies The sixth book in the bestselling 100 Simple Secrets series What do people who relish the second half of their lives do differently than those who dread getting older Sociologists therapists and psychiatrists have spent entire careers investigating the ins and outs of successful aging yet their findings are inaccessible to ordinary people hidden in obscure journals to be shared with other experts Now the international bestselling author of The 100 Simple Secrets series has collected the most current and significant data from more than a thousand of the best scientific studies on the second half of life These findings have been boiled down to one hundred essential ways to find and maintain joy health and satisfaction every day of your life Each one is accompanied by a true story showing the results in action The Baby Boomers are hitting retirement age This upbeat light approach will appeal to the enormous market of citizens grappling with the effects of becoming senior looking to discover the positive benefits of aging beyond discount tickets at the movie theatre Books about aging well continue to sell year in and year out The Simple Secrets approach will stand out among the heavier self help psychology titles and will without a doubt become an affordable impulse and gifty mainstay in this category A good inexpensive gift for parents and grandparents

100 Simple Secrets of Happy People - Hallmark Edition David Niven, 2001-06-01 The Simple Science of Happiness Scientists and academics have spent entire careers investigating what makes people happy But hidden in obscure scholarly journals and reports their research is all too often inaccessible to ordinary people At last social scientist and psychologist David Niven Ph D distills the scientific gobbledygook of over a thousand of the most compelling and important studies on happiness into easy to digest nuggets of advice Each of the hundred practices attitudes and habits for happiness is illustrated with a clear example and illuminated by a straightforward explanation of the science behind it to show you how to transform a ho hum existence into a full and happy life Believe In Yourself Across all ages and all groups a solid belief in one's own abilities increases life satisfaction by about 40 percent and makes us happier both in our home lives and in our work lives Turn Off The TV Watching too much TV can triple our hunger for more possessions while reducing our personal contentment by about 5 percent for every hour a day we watch Enjoy What You Have People who have the most are only as likely to be happy as those who have the least People who like what they have however are twice as likely to be happy as those who actually have the most Don't Forget To Have Fun Having fun is one of the five central factors in leading a satisfied life Individuals who spend time just having fun are 20 percent more likely to feel happy on a daily basis and 36 percent more likely to feel comfortable with their age and stage in life

100 Simple Secrets of Great Relationships David Niven, PhD, 2009-10-13 What are the essential qualities of a great relationship What do people in healthy and happy relationships do differently Scientists and academics have spent entire careers investigating the nature of relationships dating and marriage yet their findings are inaccessible to ordinary people hidden in obscure journals read only by other academics Now the bestselling author of the 100 Simple Secrets series has collected the most current and

significant data from more than a thousand studies on relationships and spells out the key findings in plain English The advice is not based on one person s unique experiences or opinions but offers for the first time the research of noted scientists studying the lives and loves of average Americans Each of the findings is accompanied by a true story that shows the results in action Love is hard to calculate Researchers have proven that a partner s age income education and religion are unrelated factors in the likelihood of relationship satisfaction Always trying to win can lead to a major loss People who feel a sense of competition with their partner are 37 percent less likely to feel that their relationship is satisfying leave the past in the past More than 40 percent of people report that jealousy over a previous relationship is a source of conflict in their current relationship *Archangel Raphael* Mary LaSota, **Seeking the Edge** Dr. Joseph L. Rose,2011-09-23 The edge is that small line between excellence and mediocrity that little extra something that pushes you to a different level in life Education and intelligent thinking can often provide the edge Mediocrity breeds mediocrity so we have no choice but to find the edge if we wish to distinguish ourselves in life Seeking the Edge seeks to provide the tools and techniques to find that edge in your life Whether it is an education a new career family or even hobbies we must shoot for the stars The life lessons of author Joseph Rose the storytelling professor offer tips and lessons on building character seeking opportunities being prepared and learning from past experiences The journey can make it tough to find the end of the rainbow but we must always keep our eyes ears and minds open to experience the small successes and joys along the way Seeking the Edge will help you learn appreciate and grasp the opportunities that can lead to the real success stories of your life Keep climbing despite hardship pain and discouragementthere will be an awakening in your life Dream and set goals Be determined persistent and confident and enjoy the moments along the path to success happiness and self satisfaction Dont ever give up seek the edge *Unexpected Blessing* Cameron Lee,2004-04-02 Cameron Lee illustrates the nature of God s kingdom by contrasting each Beatitude from Jesus Sermon on the Mount with the ways that our self centered culture tugs at us His exposition helps us reevaluate our cultural assumptions and challenge the world s values **Practical Happiness** Pamela Gail Johnson,2022-01-04 As the founder for the Society of Happy People Pamela Gail Johnson provides a refreshing exploration of how we can achieve lasting happiness The secret is to understand what she describes as practical happiness a mind set that involves coming to a new understanding of what happiness actually is and learning how to appreciate it and foster it every day She shares 4 Principles of Happiness 31 different types of happiness and the biggest Happiness Zappers and how to manage them She also shares stories of real people who have put her tips into action to transform their lives *Better Than Chocolate* Siimon Reynolds,2011-05-18 What could possibly be better than chocolate How about good health self acceptance loving relationships freedom from fear and guilt and a clear sense of purpose in life In BETTER THAN CHOCOLATE happy guy Siimon Reynolds offers 50 bites of delightful wisdom that are guaranteed to boost your mood instead of your blood sugar From Taoism to psycho cyberkinetics this delicious little book distills simple lessons from the world s

major theories about happiness such as Ask uplifting questions they can change the direction of your thinking Try a low insulin diet balancing sugar levels sweetens your mood Understand Buddhist theory fewer desires leads to less suffering Kiss someone kissing just feels great Animated with cheery illustrations BETTER THAN CHOCOLATE is sweeter than a candy bar baked into a brownie and dipped in hot fudge and a whole lot better for you *Happiness is Overrated* Raymond A. Belliotti, 2004 Happiness Is Overrated begins with an historical overview of the development of the concept of happiness from Plato to contemporary writers highlighting the best scholarship emerging from philosophy psychology and sociology Belliotti includes practical advice on how to attain happiness and addresses issues centered on the meaning of life Happiness he argues is not the greatest personal good or even a great good in itself In fact sometimes happiness isn't a good at all If we pursue worthwhile exemplary lives and find happiness along the way then we are lucky If we don't then we can take pride and derive satisfaction from a life well lived Ultimately the greatest personal good is realized in leading a robustly meaningful valuable life *Happiness and Economics* Bruno S. Frey, Alois Stutzer, 2010-11-16 Curiously economists whose discipline has much to do with human well being have shied away from factoring the study of happiness into their work Happiness they might say is an unscientific concept This is the first book to establish empirically the link between happiness and economics and between happiness and democracy Two respected economists Bruno S. Frey and Alois Stutzer integrate insights and findings from psychology where attempts to measure quality of life are well documented as well as from sociology and political science They demonstrate how micro and macro economic conditions in the form of income unemployment and inflation affect happiness The research is centered on Switzerland whose varying degrees of direct democracy from one canton to another all within a single economy allow for political effects to be isolated from economic effects Not surprisingly the authors confirm that unemployment and inflation nurture unhappiness Their most striking revelation however is that the more developed the democratic institutions and the degree of local autonomy the more satisfied people are with their lives While such factors as rising income increase personal happiness only minimally institutions that facilitate more individual involvement in politics such as referendums have a substantial effect For countries such as the United States where disillusionment with politics seems to be on the rise such findings are especially significant By applying econometrics to a real world issue of general concern and yielding surprising results Happiness and Economics promises to spark healthy debate over a wide range of the social sciences **Towers of Deception** Barrie Zwicker, 2006-09-01 A dozen carefully researched books have exposed the official story of 9/11 to be a terror fraud Yet the mainstream media have monolithically failed to ask elementary questions about anomalies in this story So called alternative media have been little better Towers of Deception explains why and prescribes actions to break out the truth Authored by a lifelong journalist who was for thirty five years a media critic Towers of Deception provides twenty six exhibits of evidence proving beyond a reasonable doubt that 9/11 was an inside job It then presents case histories of de facto censorship by

mainstream media and examines the psychological phenomenon of denial False flag operations and psychological warfare are dealt with in detail as is the invisible government the powers pulling strings behind the scenes Following a profile of Dr David Ray Griffin as an authentic prophet of the 9 11 truth movement Towers of Deception urges people to speak truth to power and challenge all media Interspersed with photographs diary entries and inspiring profiles of those who see 9 11 truth as the Achilles heel of the neocon agenda Towers of Deception includes a professional quality DVD produced by the author The Great Conspiracy The 9 11 News Special You Never Saw *Building Great Relationships* B. K. Trehan, B K, 2010-06-29 Building Great Relationships All About Emotional Intelligence *The Happiness Makeover* M.J. Ryan, 2014-10-01 Learn How to Change Your Outlook on Life From one of the Creators of the New York Times bestselling Random Acts of Kindness series M J Ryan teaches you the power of positive thinking Train your brain to be optimistic even in the darkest situations From stress management tips to positive and motivational quotes M J Ryan s Happiness Makeover shows you how to transform your mindset so that you can face any difficult challenge thrown your way We all want the things that we are sure will make us happy money success independence love But when we finally get them we can find to our surprise that we are the same miserable moody or just not really happy person we always were Do things have to be that way Absolutely not Cultivating the ability to feel contentment is the key There are people whose lives are full of serious challenges but who nevertheless feel peace and joy and there are those who have few difficulties in life and yet feel hopeless We can teach ourselves to be happy and enjoy every day and M J Ryan the bestselling author of The Power of Patience and Attitudes of Gratitude shows us how The Happiness Makeover gives you a plan that can help you Clear away happiness hindrances like worry fear envy and grudges Discover happiness boosters Rewire your brain to experience joy Learn to think optimistically If you enjoyed transformative journeys like A Year of Positive Thinking The Happiness Equation or Hardwiring Happiness then you ll love The Happiness Makeover **It's Not About the Shark** David Niven, 2014-11-04 In the spirit of The Tipping Point and Freakonomics David Niven presents a new way of decoding the riddles of the everyday choices we make It s Not About the Shark opens the door to the groundbreaking science of solutions by turning problems and how we solve them upside down When we have a problem most of us zero in take it apart and focus until we have it solved David Niven shows us that focusing on the problem is exactly the wrong way to find an answer Putting problems at the center of our thoughts shuts down our creative abilities depletes stamina and feeds insecurities It s Not About the Shark shows us how to transform our daily lives our work lives and our family lives with a simple but rock solid principle If you start by thinking about your problems you ll never make it to a solution If you start by thinking about a solution you ll never worry about your problems again Through real life examples and psychology research Niven shows us why Focusing on the problem first makes us 17 times less likely to find an answer Being afraid of a problem is natural we re biologically primed to be afraid Finding a problem creates power which keeps you from finding a solution Working harder actually hides answers Absolute confidence makes you less likely to

find the answer Looking away from a problem helps to see a solution Listening only to yourself is one of the best ways to find an answer Combining hard facts good sense and a strong dose of encouragement Niven provides fresh and positive ways to think about problem solving The Swiss Cheese Theory of Life Judith Belmont,Lora Shore,2012 The Swiss Cheese Theory of Life is a book about Resiliency Using Swiss Cheese as a metaphor for life itself we explore ways to get through the holes rather than get stuck in them Swiss is not like any other cheese and neither are you This book will give you an opportunity to learn quick easy and effective skills that will last a lifetime Take a bite into The Swiss Cheese Theory of Life and experience a new and better way of living right now

Decoding **The 100 Simple Secrets Of Happy People**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The 100 Simple Secrets Of Happy People**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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