



Happiness Is Overrated

Raymond Angelo Belliotti

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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.

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