

The Myths of Happiness: *The Science and Practice of Increasing Well-being*

Sonja Lyubomirsky, Ph.D.

Tuesday, January 29, 2019 - 7:00 - 9:00pm
Mountain View High School Spartan Theater
3535 Truman Ave, Mountain View, CA

Happiness not only feels good; it is good. Happy people have more stable marriages, superior health, and higher incomes. Fortunately, experiments have shown that people can intentionally increase their happiness. Sonja Lyubomirsky gives parents insight to:

- discuss and debunk common misconceptions about what life changes will make us truly miserable or truly happy
- brand new research on the “how” of happiness—that is, when and why such practices as gratitude or kindness work “best”
- how small and simple activities can transform people into happier and more flourishing individuals.

Audience: K-12 parents and students, caretakers, and teachers

Translation: Spanish available

Admission: Free

Register: <https://mvla2018-19-sonjalyubomirsky.eventbrite.com>

About Our Speaker



Sonja Lyubomirsky (AB Harvard, *summa cum laude*; PhD Stanford) is Professor and Vice Chair of Psychology at the University of California, Riverside, and author of *The How of Happiness* and *The Myths of Happiness*, published in 34 countries. Lyubomirsky’s research focuses on the benefits of happiness, why some people are happier than others, and how happiness can be durably increased.

Her work has received many honors, including the Diener Award for Outstanding Midcareer Contributions in Personality Psychology, the Distinguished Research Lecturer Award, a Templeton Positive Psychology Prize, a Science of Generosity grant, and a Character Lab grant. She lives in Santa Monica, California, with her husband and four kids, ages 5 to 19.

