
Introduction: The Myths of Happiness

¹ See this wonderful chapter for a discussion of why human beings overestimate their negative reactions to negative events and their positive reactions to positive events: Gilbert, D. T., Driver-Linn, E., & Wilson, T. D. (2002). The trouble with Vronsky: Impact bias in the forecasting of future affective states. In L. F. Barrett & P. Salovey (Eds.), *The wisdom in feeling: Psychological processes in emotional intelligence* (pp. 114-143). New York: Guilford.

² (1) Seery, M. D., Holman, E. A., & Silver, R. C. (2010). Whatever does not kill us: Cumulative lifetime adversity, vulnerability, and resilience. *Journal of Personality and Social Psychology, 99*, 1025-1041. (2) Seery, M. D. (2011). Resilience: A silver lining to experiencing adverse life events? *Current Directions in Psychological Science, 20*, 390-394. (3) Neff, L.A., & Broady E.F. (2011). Stress resilience in early marriage: Can practice make perfect? *Journal of Personality and Social Psychology, 101*, 1050-1067.

³ McAdams, D. P., Josselson, R., & Lieblich, A. (2001). *Turns in the road: Narrative studies of lives in transition*. Washington, DC: American Psychological Association.

⁴ Jamie Pennebaker, who has long collected stories of people's best and worst life experiences as part of his research, shares eerily similar examples in his book: Pennebaker, J. W. (1997). *Opening up: The healing power of expressing emotions*. New York: The Guilford Press.

⁵ For two great reviews of this fascinating literature, which illuminates why we are so off base in our forecasts for how happy or unhappy particular life changes or turning points will make us (or, why the myths of happiness are wrong), see (1) Wilson, T. D., & Gilbert, D. T. (2005). Affective forecasting: Knowing what to want. *Current Directions in Psychological Science, 14*, 131-134. (2) Gilbert et al. (2002), op. cit. (See ch. 1, note 1). For several of the best empirical papers, see (1) Gilbert, D. T., et al. (1998). Immune neglect: A source of durability bias in affective forecasting. *Journal of Personality and Social Psychology, 75*, 617-638. (2) Gilbert, D. T., et al. (2004). The peculiar longevity of things not so bad. *Psychological Science, 15*, 14-19. (3) Schkade, D. A., & Kahneman, D. (1998). Does living in California make people happy? A focusing illusion in judgments of life satisfaction. *Psychological Science, 9*, 340-346. (4) Wilson, T. D., et al. (2000). Focalism: A Source of durability bias in affective forecasting. *JPSP, 78*, 821-836. (5) Wilson, T. D., Meyers, J., & Gilbert, D. T. (2001). Lessons from the past: Do people learn from experience that emotional reactions are short-lived? *Personality and Social Psychology Bulletin, 27*, 1648-1661.

⁶ Luhmann, M., et al. (2012). Subjective well-being and adaptation to life events: A meta-analysis. *Journal of Personality and Social Psychology, 102*, 592-615.

⁷ Salter, J. (1975). *Light years*. New York: Random House. (p. 36)

⁸ Gladwell, M. (2005). *Blink: The power of thinking without thinking* (1st ed.). New York: Little, Brown.

⁹ There is a huge literature on these two tracks or systems, and here I offer only some of the most highly cited papers: (1) Bargh, J. A., & Chartrand, T. L. (1999). The unbearable automaticity of being. *American Psychologist, 54*, 462-479. (2) Epstein, S. (2002). Cognitive-experiential self-theory of personality. In T. Millon & M. J. Lerner (Eds.),

Comprehensive handbook of psychology. Volume 5: Personality and social psychology (pp. 159–184). Hoboken, NJ: Wiley. (3) Gollwitzer, P., & Bayer, U. (1999). Deliberative versus implemental mindsets in the control of action. In S. Chaiken & Y. Trope (Eds.), *Dual-process theories in social psychology* (pp. 403–422). New York: Guilford Press. (4) James, W. (1950). *The principles of psychology*. New York: Dover. (Original work published 1890). (5) Kahneman, D. (2003). A perspective on judgment and choice. *American Psychologist*, 58, 697–720. (6) Sloman, S. A. (1996). The empirical case for two systems of reasoning. *Psychological Bulletin*, 119, 3–22. (7) Stanovich, K. E., & West, R. F. (2000). Individual differences in reasoning: Implications for the rationality debate? *Behavioral and Brain Sciences*, 23, 645–665. (8) Tversky, A., & Kahneman, D. (1983). Extensional versus intuitive reasoning: The conjunction fallacy in probability judgment. *Psychological Review*, 90, 293–315.

¹⁰ (1) Tversky, A., & Kahneman, D. (1974). Judgment under uncertainty: Heuristics and biases. *Science*, 185, 1124–1131. (2) Gilovich, T., Griffin, D., & Kahneman, D. (Eds.). (2002). *Heuristics and biases: The psychology of intuitive judgment*. Cambridge, UK: Cambridge University Press. (3) Bazerman, M. H. (2006). *Judgment in managerial decision making*. New York: Wiley.

¹¹ See, for example, work showing that people who have seemingly spontaneous positive or romantic thoughts about a friend or colleague weigh those thoughts a great deal: (1) Norton, M. I. (2010). Thoughts from nowhere: The meaning of spontaneous thought. Paper presented at the Judgment and Decision Making Preconference of the Annual Meeting of the Society of Personality and Social Psychology, Las Vegas, NE. (2) Morewedge, C. K., & Norton, M. I. (2009). When dreaming is believing: The (motivated) interpretation of dreams. *Journal of Personality and Social Psychology*, 96, 249–264.

¹² These ideas are adapted from (1) Dane, E., & Pratt, M. G. (2007). Exploring intuition and its role in managerial decision making. *Academy of Management Review*, 32, 33–54. (2) Milkman, K. L., Chugh, D., & Bazerman, M. H. (2009). How can decision making be improved? *Perspectives on Psychological Science*, 4, 379–383.

¹³ (1) Higgins, E. T. (2005). Value from regulatory fit. *Current Directions in Psychological Science*, 14, 209–213. (2) Chatman, J. (1991). Matching people and organizations: Selection and socialization in public accounting firms. *Administrative Science Quarterly*, 36, 459–484.

PART I: CONNECTIONS

Chapter 1: I'll Be Happy When...I'm Married To the Right Person

¹⁴ I apologize in advance for using only heterosexual examples in the parts of the book focusing on marriages or committed relationships. My defense is that the far majority of research has been conducted on heterosexual couples. However, I believe that most, if not all, my recommendations apply to gay and lesbian couples. In addition, the ideas and advice are just as relevant to committed (unmarried) couples as it is to married ones.

¹⁵ For a review, see Lyubomirsky, S. (2011). Hedonic adaptation to positive and negative experiences. In S. Folkman (Ed.), *The Oxford handbook of stress, health, and coping* (pp. 200–224). New York: Oxford University Press. Note that all my papers can be

downloaded for free from my academic website
(www.faculty.ucr.edu/~sonja/papers.html), which is linked to the book's website
(www.themythsofhappiness.org).

¹⁶ Some important and relevant papers on hedonic adaptation, in alphabetical order: (1) Diener, E., Lucas, R. E., & Scollon, C. N. (2006). Beyond the hedonic treadmill: Revising the adaptation theory of well-being. *American Psychologist*, *61*, 305-314. (2) Easterlin, R. A. (2006). Life cycle happiness and its sources: Intersections of psychology, economics, and demography. *Journal of Economic Psychology*, *27*, 463-482. (3) Frederick, S., & Loewenstein, G. (1999). Hedonic adaptation. In D. Kahneman, E. Diener, & N. Schwarz (Eds.), *Well-being: The foundations of hedonic psychology* (pp. 302-329). New York: Russell Sage Foundation. (4) Kahneman, D., & Thaler, R. H. (2006). Anomalies: Utility maximization and experienced utility. *Journal of Economic Perspectives*, *20*, 221-234. (5) Lucas, R. E. (2007). Adaptation and the set point model of subjective well-being. *Current Directions in Psychological Science*, *16*, 75-79. (6) Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, *9*, 111-131. (7) Wilson, T. D., & Gilbert, D. T. (2008). Explaining away: A model of affective adaptation. *Perspectives on Psychological Science*, *3*, 370-386.

¹⁷ The phrase comes from Elizabeth Kolbert.

¹⁸ Lucas, R. E., et al. (2003). Reexamining adaptation and the set point model of happiness: Reactions to changes in marital status. *Journal of Personality and Social Psychology*, *84*, 527-539. See also (1) Lucas, R. E., & Clark, A. E. (2006). Do people really adapt to marriage? *Journal of Happiness Studies*, *7*, 405-426. (2) Stutzer, A., & Frey, B. S. (2006). Does marriage make people happy or do happy people get married? *Journal of Socio-Economics*, *35*, 326-347.

¹⁹ (1) Glenn, N. D. (1990). Quantitative research on marital quality in the 1980s: A critical review. *Journal of Marriage and the Family*, *52*, 818-831. (2) Rollins, B., & Feldman, H. (1970). Marriage satisfaction over the family life cycle. *Journal of Marriage and the Family*, *32*, 20-28. (3) Tucker, P., & Aron, A. (1993). Passionate love and marital satisfaction at key transition points in the family life cycle. *Journal of Social and Clinical Psychology*, *12*, 135-147. (4) Huston, T. L., et al. (2001). The connubial crucible: Newlywed years as predictors of marital delight, distress, and divorce. *Journal of Personality and Social Psychology*, *80*, 237-252. (5) Karney, B. R., & Bradbury, T. N. (1997). Neuroticism, marital interaction, and the trajectory of marital satisfaction. *Journal of Personality and Social Psychology*, *72*, 1075-1092.

²⁰ (1) Sternberg, R. J. (1986). A triangular theory of love. *Psychological Review*, *93*, 119-135. (2) Hatfield, E., & Walster, G. W. (1978). *A new look at love*. Lanham, MD: University Press of America. (3) Hatfield, E., et al. (2008). The endurance of love: Passionate and companionate love in newlywed and long-term marriages. *Interpersona*, *2*, 35-64.

²¹ (1) Hatfield, E., & Sprecher, S. (1986). Measuring passionate love in intimate relations. *Journal of Adolescence*, *9*, 383-410. (2) Berscheid, E., & Walster, E. H. (1978). *Interpersonal attraction* (2nd ed.). Reading, MA: Addison-Wesley. (3) Hatfield, E., & Rapson, R. (1996). *Love and sex: Cross-cultural perspectives*. Needham Heights, MA: Allyn & Bacon.

²² Linklater, R. (Producer/Director). (2004). *Before sunset* [Motion Picture]. Burbank, CA, United States: Warner Independent Pictures.

²³ For a scholarly reference, see Fisher, H. (1998). Lust, attraction, and attachment in mammalian relationships. *Human Nature*, 9, 23-52. For a trade book wildly accessible to the nonscientist, see Fisher, H. (2004). *Why we love: The nature and chemistry of romantic love*. New York: Henry Holt.

²⁴ In stop-and-start relationships (i.e., you repeatedly break up and get back together) and in highly unstable, conflictual, abusive, and even battering relationships, passionate love can sometimes be sustained – at an immense cost.

²⁵ (1) Murray, S. L., et al. (2011). Tempting fate or inviting happiness? Unrealistic realization prevents the decline of marital satisfaction. *Psychological Science*, 22, 619-626. (2) Huston, T. L., McHale, S. M., & Crouter, A. C. (1986). When the honeymoon's over: Changes in the marriage relationship over the first year. In R. Gilmour & S. Duck (Eds.), *The emerging field of personal relationships* (pp. 109–132). Hillsdale, NJ: Erlbaum. (3) Huston et al. (2001), op. cit. (See ch. 1, note 19). (4) Kelley, H. H. (1979). *Personal relationships: Their structures and processes*. Hillsdale, NJ: Erlbaum.

²⁶ Names, identifying information, and details about interviews have been changed for some of the examples offered in this book.

²⁷ (1) Lyubomirsky (2011), op. cit. (See ch. 1, note 15). (2) Sheldon, K. M., Boehm, J. K., & Lyubomirsky, S. (in press). Variety is the spice of happiness: The hedonic adaptation prevention (HAP) model. In J. Boniwell & S. David (Eds.), *Oxford handbook of happiness*. Oxford: Oxford University Press. (2) Sheldon, K. M., & Lyubomirsky, S. (2012). The challenge of staying happier: Testing the Hedonic Adaptation Prevention (HAP) model. *Personality and Social Psychology Bulletin*, 38, 670-680.

²⁸ Kahneman & Thaler (2006), op. cit. See ch. 1, note 16.

²⁹ Sheldon, K. M., & Lyubomirsky, S. (2009). Change your actions, not your circumstances: An experimental test of the Sustainable Happiness Model. In A. K. Dutt & B. Radcliff (Eds.), *Happiness, economics, and politics: Towards a multi-disciplinary approach* (pp. 324-342). Cheltenham, UK: Edward Elgar. See also Sheldon & Lyubomirsky (2012), op. cit. See ch. 1, note 27.

³⁰ For reviews, see (1) Emmons, R. A. (2007). *THANKS! How the new science of gratitude can make you happier*. New York: Houghton Mifflin Company. (2) Bryant, F. B., & Veroff, J. (2006). *Savoring: A new model of positive experience*. Nahwah, NJ: Erlbaum.

³¹ Kubacka, K. E., et al. (2011). Maintaining close relationships: Gratitude as a motivator and a detector of relationship maintenance. *Personality and Social Psychology Bulletin*, 37, 1362-1375.

³² Much of this research, and its implications, is discussed in Chapter 4 of Lyubomirsky, S. (2008). *The how of happiness: A scientific approach to getting the life you want*. New York: Penguin Press. For relevant empirical papers, see the following: (1) Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology*, 84, 377-389. (2) Lyubomirsky, Sheldon, et al. (2005), op. cit. (See ch. 1, note 16). (3) Boehm, J. K., Lyubomirsky, S., & Sheldon, K. M. (2011). A longitudinal experimental study comparing the effectiveness of happiness-enhancing

strategies in Anglo Americans and Asian Americans. *Cognition & Emotion* 25, 1263-1272. (4) Lyubomirsky, S., et al. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion*, 11, 391-402. (5) Seligman, M. E., et al. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60, 410-421. (6) Seligman, M. E. P., Rashid, T., & Parks, A. C. (2006). Positive psychotherapy. *American Psychology*, 61, 774-788. (7) Froh, J. J., Sefick, W. J., & Emmons, R. A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. *Journal of School Psychology*, 46, 213-233. (8) King, L. A. (2001). The health benefits of writing about life goals. *Personality and Social Psychology Bulletin*, 27, 798-807. (9) Burton, C. M., & King, L. A. (2004). The health benefits of writing about intensely positive experiences. *Journal of Research in Personality*, 38, 150-163. (10) Sheldon, K. M., & Lyubomirsky, S. (2006b). How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. *Journal of Positive Psychology*, 1, 73-82. (11) Bryant, F. B., Smart, C. M., & King, S. P. (2005). Using the past to enhance the present: Boosting happiness through positive reminiscence. *Journal of Happiness Studies*, 6, 227-260.

³³ Koo, M., et al. (2008). It's a wonderful life: Mentally subtracting positive events improves people's affective states, contrary to their affective forecasts. *Journal of Personality and Social Psychology*, 95, 1217-1224.

³⁴ Ibid.

³⁵ Sheldon, K. M., & Lyubomirsky, S. (2006a). Achieving sustainable gains in happiness: Change your actions, not your circumstances. *Journal of Happiness Studies*, 7, 55-86.

³⁶ (1) Sheldon, K. M., & Lyubomirsky, S. (2006a). Achieving sustainable gains in happiness: Change your actions, not your circumstances. *Journal of Happiness Studies*, 7, 55-86. (2) Sheldon, K. M., & Lyubomirsky, S. (2009). Change your actions, not your circumstances: An experimental test of the Sustainable Happiness Model. In Dutt & Radcliff (Eds.), op. cit. (See ch. 1, note 29). (3) Sheldon & Lyubomirsky (2012), op. cit. (See ch. 1, note 27).

³⁷ (1) Frederick & Loewenstein (1999), op. cit. (See ch. 1, note 16). (2) Helson, H. (1964). Current trends and issues in adaptation-level theory. *American Psychologist*, 19, 26-38. (3) Parducci, A. (1995). *Happiness, pleasure, and judgment: The contextual theory and its applications*. Mahwah, NJ: Erlbaum.

³⁸ (1) Berlyne, D. E. (1970). Novelty, complexity, and hedonic value. *Perception and Psychophysics*, 8, 279-286. (2) Rolls, B., et al. (1981). Variety in a meal enhances food intake in man. *Physiology and Behavior*, 26, 215-221. (3) Ratner, R. K., Kahn, B. E., & Kahneman, D. (1999). Choosing less-preferred experiences for the sake of variety. *Journal of Consumer Research*, 26, 1-15. (4) Leventhal, A. M., et al. (2007). Investigating the dynamics of affect: Psychological mechanisms of affective habituation to pleasurable stimuli. *Motivation and Emotion*, 31, 145-157.

³⁹ (1) Rebec, G. V., et al. (1997). Regional and temporal differences in real-time dopamine efflux in the nucleus accumbens during free-choice novelty. *Brain Research*, 776, 61-67. (2) Suhara, T., et al. (2001). Dopamine D2 receptor in the insular cortex and the personality trait of novelty seeking. *NeuroImage*, 13, 891-895.

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- ⁴⁰ (1) Arias-Carrión, O., & Pöppel, E. (2007). Dopamine, learning, and reward-seeking behavior. *Acta Neurobiologiae Experimentalis*, *67*, 481-488. (2) Ashby, F. G., Isen, A. M., & Turken, U. (1999). A neurobiological theory of positive affect and its influence on cognition. *Psychological Review*, *106*, 529-550.
- ⁴¹ Sheldon et al. (in press), op. cit. See ch. 1, note 27.
- ⁴² Norton, M. I., Frost, J. H., & Ariely, D. (2007). Less is more: The lure of ambiguity, or why familiarity breeds contempt. *Journal of Personality and Social Psychology*, *92*, 97-105.
- ⁴³ Wilson & Gilbert (2008), op. cit. See ch. 1, note 16.
- ⁴⁴ Wilson, T. D., et al. (2005). The pleasures of uncertainty: Prolonging positive moods in ways people do not anticipate. *Journal of Personality and Social Psychology*, *88*, 5-21.
- ⁴⁵ Berns, G. S., et al. (2001). Predictability modulates human brain response to reward. *The Journal of Neuroscience*, *21*, 2793-2798.
- ⁴⁶ Langer, E. (2005). *On becoming an artist: Reinventing yourself through mindful creativity*. New York: Ballantine.
- ⁴⁷ (1) Nelson, L. D., & Meyvis, T. (2008). Interrupted consumption: Disrupting adaptation to hedonic experiences. *Journal of Marketing Research*, *XLV*, 654-664. (2) Nelson, L. D., Meyvis, T., & Galak, J. (2008). Enhancing the television viewing experience through commercial interruptions. *Journal of Consumer Research*, *36*, 160-172.
- ⁴⁸ Nelson, Meyvis, & Galak (2008), *ibid*.
- ⁴⁹ James, W. (1899). *Talks to teachers on psychology: And to students on some of life's ideals*. Boston: George H. Ellis. (p. 105)
- ⁵⁰ Reissman, C., Aron, A., & Bergen, M. R. (1993). Shared activities and marital satisfaction: Causal direction and self-expansion versus boredom. *Journal of Social and Personal Relationships*, *10*, 243-254.
- ⁵¹ Aron, A., et al. (2000). Couples' shared participation in novel and arousing activities and experienced relationship quality. *Journal of Personality and Social Psychology*, *78*, 273-284.
- ⁵² Graham, J. M. (2008). Self-expansion and flow in couples' momentary experiences: An experience sampling study. *Journal of Personality and Social Psychology*, *95*, 679-694.
- ⁵³ Dutton, D. G., & Aron, A. (1974). Some evidence for heightened sexual attraction under conditions of high anxiety. *Journal of Personality and Social Psychology*, *30*, 510-517.
- ⁵⁴ Slatcher, R. B. (2008, January). *Effects of couple friendships on relationship closeness*. Talk presented at the annual meeting of the Society for Personality and Social Psychology, Albuquerque, NM.
- ⁵⁵ "Warning signs your lover is bored: 1. Passionless kisses. 2. Frequent sighing. 3. Moved, left no forwarding address." Groening, M. (1994). *Love is hell*. New York: Pantheon.
- ⁵⁶ (1) O'Donohue, W. T., & Geer, J. H. (1985). The habituation of sexual arousal. *Archives of Sexual Behavior*, *14*, 233-246. (2) Koukounas, E., & Over, R. (1993). Habituation and dishabituation of male sexual arousal. *Behaviour Research and Therapy*,

31, 575-585. (3) Meuwissen, I., & Over, R. (1990). Habituation and dishabituation of female sexual arousal. *Behaviour Research and Therapy*, 28, 217-226.

⁵⁷ Chandler, R. (1953/1988). *The long goodbye*. New York: Vintage Books. (p. 23)

⁵⁸ Bermant, G. (1976). Sexual behavior: Hard times with the Coolidge Effect. In M. H. Siegel & H. P. Zeigler (Eds.), *Psychological research: The inside story* (pp. 76-103). New York: Harper & Row.

⁵⁹ Ryan, C., & Jethá, C. (2010). *Sex at dawn: The prehistoric origins of modern sexuality*. New York: Harper.

⁶⁰ For a revealing study of the reasons that married women believe that they have lost sexual desire in their marriages, see this paper describing women's responses to open-ended interviews: Sims, K. E., & Meana, M. (2010). Why did passion wane? A qualitative study of married women's attributions for declines in sexual desire. *Journal of Sex & Marital Therapy*, 36, 360-380. In short, three major themes emerged in these in-depth interviews. First, the married women blamed the formal act of getting married for stripping sex of its sense of sexiness and transgression, and turning it into an obligation. Second, they blamed "overfamiliarity," and the transformation of sex into something relatively more mechanical, scripted, and results-oriented. Finally, the married women complained in their interviews that their roles after marriage – as mothers, homemakers, or career women – made it difficult for them to perceive themselves as sexual when in the bedroom.

⁶¹ (1) Laumann, E. O., et al. (1994). *The social organization of sexuality: Sexual practices in the United States*. Chicago: University of Chicago Press. (2) Klusmann, D. (2002). Sexual motivation and the duration of partnership. *Archives of Sexual Behavior*, 31, 275–287. (3) Levine, S. B. (2003). The nature of sexual desire: A clinician's perspective. *Archives of Sexual Behavior*, 32, 279–285. (4) Sprecher, S. (2002). Sexual satisfaction in premarital relationships: Associations with satisfaction, love, commitment, and stability. *Journal of Sex Research*, 39, 190-196. For a review, see Baumeister, R. F., & Bratslavsky, E. (1999). Passion, intimacy, and time: Passionate love as a function of change in intimacy. *Personality and Social Psychology Review*, 3, 49–68.

⁶² (1) McCabe, M. P. (1997). Intimacy and quality of life among sexually dysfunctional men and women. *Journal of Sex and Marital Therapy*, 23, 276–290. (2) Trudel, G., Landry, L., & Larose, Y. (1997). Low sexual desire: The role of anxiety, depression, and marital adjustment. *Sexual and Marital Therapy*, 12, 95–99.

⁶³ For an excellent review of this research, see Baumeister, R. F., Catanese, K. R., & Vohs, K. D. (2001). Is there a gender difference in strength of sex drive? Theoretical views, conceptual distinctions, and a review of relevant evidence. *Personality and Social Psychology Review*, 5, 242–273. For studies of sexual fantasies in particular, see also Leitenberg, H., & Henning, K. (1995). Sexual fantasy. *Psychological Bulletin*, 117, 469–496.

⁶⁴ (1) Thompson, A. P. (1983). Extramarital sex: A review of the research literature. *Journal of Sex Research*, 19, 1-22. (2) Hunt, M. (1974). *Sexual behavior in the 70's*. Chicago: Playboy Press. (3) Kinsey, A., et al. (1953). *Sexual behavior in the human female*. Philadelphia: Saunders.

⁶⁵ Blow, A. J., & Hartnett, K. (2005). Infidelity in committed relationships II: A substantive review. *Journal of Marital and Family Therapy*, 31, 217-233.

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- ⁶⁶ Tiger divorce secrets: 121 women while married to Elin (2010, April). *National Enquirer*. Retrieved from http://www.nationalenquirer.com/tiger_woods_120_affairs_secret_elin_rage_divorce/celebrity/68576#.
- ⁶⁷ For example, Klusmann, D. (2002). Sexual motivation and the duration of partnership. *Archives of Sexual Behavior, 31*, 275–287.
- ⁶⁸ Chivers, M. L., & Bailey, J. M. (2005). A sex difference in features that elicit genital response. *Biological Psychology, 70*, 115-120.
- ⁶⁹ Chivers, M. L. (2010, June). *The puzzle of women's sexual orientation: Measurement issues in research on sexual orientation*. Paper presented at the Puzzle of Sexual Orientation Workshop, Lethbridge, Alberta.
- ⁷⁰ Meana, M. (2010). Elucidating women's (hetero)sexual desire: Definitional challenges and content expansion. *Journal of Sex Research, 47*, 104-122.
- ⁷¹ Bergner, D. (2009, January 22). What do women want? *New York Times Magazine*.
- ⁷² Acevedo, B. P., & Aron, A. (2009). Does a long-term relationship kill romantic love? *Review of General Psychology, 13*, 59-65.
- ⁷³ Gable, S. L. (2006). Approach and avoidance social motives and goals. *Journal of Personality, 74*, 175–222. See also Elliot, A. J., & McGregor, H. A. (2001). A 2 X 2 achievement goal framework. *Journal of Personality and Social Psychology, 80*, 501-519.
- ⁷⁴ (1) Gable (2006), op. cit. (See ch. 1, note 73). (2) Impett, E. A., Gable, S. L., & Peplau, L. A. (2005). Giving up and giving in: The costs and benefits of daily sacrifice in intimate relationships. *Journal of Personality and Social Psychology, 89*, 327–344.
- ⁷⁵ Impett, E. A., et al. (2008). Maintaining sexual desire in intimate relationships: The importance of approach goals. *Journal of Personality and Social Psychology, 94*, 808-823.
- ⁷⁶ In my mind, the best example of such work is Gottman, J. M., & Silver, N. (1999). *The seven principles for making marriage work*. New York: Three Rivers Press.
- ⁷⁷ Gable, S. L., et al. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. *Journal of Personality and Social Psychology, 87*, 228-245.
- ⁷⁸ Ibid.
- ⁷⁹ Schueller, S. M. (2006). *Personality fit and positive interventions. Is extraversion important?* (Unpublished master's thesis.) University of Pennsylvania, Philadelphia, PA.
- ⁸⁰ Rusbult, C. E., & Van Lange, P. A. M. (2003). Interdependence, interaction, and relationships. *Annual Review of Psychology, 54*, 351–375.
- ⁸¹ Stone, I. (1961). *The agony and the ecstasy*. New York: Collins.
- ⁸² Rusbult, C. E., Finkel, E. J., & Kumashiro, M. (2009). The Michelangelo phenomenon. *Current Directions in Psychological Science, 18*, 305-309.
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Chapter 3: I'll Be Happy When...I Have Kids

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¹⁹⁵ It's worth mentioning that my mom is no parenting slacker, but the epitome of the sacrificial parent.

¹⁹⁶ This quote is from Brandi Snyder.

Chapter 4: I Can't Be Happy... When I Don't Have a Partner

¹⁹⁷ This reader had been using a Smartphone application that tracks users' well-being and prompts them to do eight different exercises designed to make them happier. The application, designed for the iPhone, is called Live Happy (www.livehappyapp.com). I don't have a financial interest in it, but it generates fascinating research data for my lab about how people pursue happiness in the real world, and what is most successful. See Parks, A., Della Porta, M. D., Pierce, R. S., Zilca, R., & Lyubomirsky, S. (in press). Pursuing happiness in everyday life: A naturalistic investigation of online happiness seekers. *Emotion*.

¹⁹⁸ (1) Rainie, L., & Madden M. (2006). Not looking for love. *Pew Research Center*

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- ²¹⁰ Hornby, N. (2009). *Slam*. New York: Riverhead. (p. 227)

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Part II: WORK AND MONEY

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Chapter 5: I'll Be Happy When...I Find the Right Job

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²²⁵ Sigmund Freud reportedly once stated in a conversation with Carl Jung that *lieben und arbeiten* – to love and to work – are what a “normal” person should be able to perform well.

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²³⁰ As the philosopher Aristotle advised, “Bring your desires down to your present means. Increase them only when your increased means permit.”

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²³² Like the Live Happy application for the iPhone (www.livehappyapp.com) based on my book, *The How of Happiness* (Penguin Press), or the many others springing up every month.

²³³ The benefits of gratitude, as well as specific recommendations for practicing it, are described in an accessible way in Emmons, R. A. (2007). *THANKS! How the new science of gratitude can make you happier*. New York: Houghton Mifflin Company and in Chapter 4 of Lyubomirsky (2008), op. cit. (See introduction, note 32).

²³⁴ 20 incredible dream jobs that really do exist (2010, May 5). Retrieved from <http://www.careeroverview.com/blog/2010/20-incredible-dream-jobs-that-really-do-exist/>

²³⁵ Starr, K. (2007, July 11). Testing video games can't possibly be harder than an afternoon with Xbox, right? *Seattle Weekly*.

²³⁶ Ensor, D. (2005, January 12). Moran: 'It's dirty business.' *CNN*.

²³⁷ Kurtz, J. L. (2008). Looking to the future to appreciate the present: The benefits of perceived temporal scarcity. *Psychological Science*, *19*, 1238-1241.

²³⁸ There are hundreds of studies in this area, but, for a review, see Locke, E. A., & Latham, G. P. (1991). Self-regulation through goal setting. *Organizational Behavior and Human Decision Processes*, *50*, 212–247. Examples of self-fulfilling prophecies include placebo effects, Pygmalion effects, and stereotype threat.

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²⁴¹ Schwartz, T., & McCarthy, C. (2007, October). Manage your energy, not your time. *Harvard Business Review*, 1-10.

²⁴² Reeve, C. (1999). *Still me*. New York: Arrow Books. (p. 161).

²⁴³ Top executives carry titles like chief executive officer, chief operating officer, general manager, president, vice president, school superintendent, county administrator, and mayor. U. S. Department of Labor, Bureau of Labor and Statistics. *Occupational Outlook Handbook, 2010-11 Edition, Top Executives*. Retrieved from <http://www.bls.gov/oco/ocos012.htm>

²⁴⁴ (1) Brickman, P., & Bulman, R. (1977). Pleasure and pain in social comparison. In J. M. Suls & R. L. Miller (Eds.), *Social comparison processes: Theoretical and empirical perspectives* (pp. 149-186). Washington, DC: Hemisphere. (2) Buunk, B. P., et al. (1990). The affective consequences of social comparison: Either direction has its ups and downs. *Journal of Personality and Social Psychology*, *59*, 1238-1249. (3) Major, B., Testa, M., & Bylsma, W. H. (1991). Responses to upward and downward social comparisons: The impact of esteem-relevance and perceived control. In J. Suls & T. A. Wills (Eds.), *Social comparison: Contemporary theory and research* (pp. 237-260). Hillsdale, NJ: Erlbaum.

²⁴⁵ This notion stems from a quote attributed to a fantastically well-compensated Wall Street bond salesman: "You don't get rich in this business. You only attain new levels of relative poverty." From Lewis, M. (1989). *Liar's poker: Rising through the wreckage on Wall Street*. New York: W. W. Norton. (p. 251)

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²⁴⁷ Lyubomirsky & Ross (1997), op. cit. See ch. 5, note 246.

²⁴⁸ Brosnan, S. F., & de Waal, F. B. M. (2003). Monkeys reject unequal pay. *Nature*, 425, 297-299.

²⁴⁹ Because unfavorable comparisons are more painful than favorable comparisons are pleasurable, even if half our friends are better off and half are worse off, we will generally suffer when comparing with others. See Chapter 2 (“Aim for a three-to-one ratio”), as well as the following: (1) Baumeister, Bratslavsky, et al. (2001), op. cit. (See ch. 3, note 176). (2) Senik, C. (2009). Direct evidence on income comparisons and their welfare effects. *Journal of Economic Behavior & Organization*, 72, 408-424.

²⁵⁰ Sullivan, H. S. (1955, reprinted 2001). *The interpersonal theory of psychiatry*. London: Routledge. p. 309.

²⁵¹ (1) Kasser, T., & Ryan, R. M. (1996). Further examining the American dream: Differential correlates of intrinsic and extrinsic goals. *Personality and Social Psychology Bulletin*, 22, 280-287. (2) McGregor, I., & Little, B. R. (1998). Personal projects, happiness, and meaning: On doing well and being yourself. *Journal of Personality and Social Psychology*, 74, 494-512. (3) Cantor, N., & Sanderson, C. A. (1999). Life task participation and well-being: The importance of taking part in daily life. In Kahneman et al. (Eds.), op. cit. (pp. 230-243. See ch. 1, note 16). (4) Sheldon, K. M., & Elliot, A. J. (1999). Goal striving, need-satisfaction, and longitudinal well-being: The Self-Concordance Model. *Journal of Personality and Social Psychology*, 76, 482-497. (5) Emmons, R. A., & King, L. A. (1988). Conflict among personal strivings: Immediate and long-term implications for psychological and physical well-being. *Journal of Personality and Social Psychology*, 54, 1040-1048.

²⁵² (1) Csikszentmihalyi, M. (1990). *Flow: The psychology of optimal experience*. New York: Harper & Row. (2) Kruglanski, A. W. (1996). Goals as knowledge structures. In P. M. Gollwitzer & J. A. Bargh (Eds.), *The psychology of action: Linking cognition and motivation to behavior* (pp. 599-618). New York: Guilford Press. (3) Lyubomirsky (2011), op. cit. (See ch. 1, note 15).

²⁵³ Thomas, E. (2009, April 6). Obama’s Nobel headache. *Newsweek*.

²⁵⁴ (1) Carver, C. S., & Scheier, M. F. (1990). Origins and functions of positive and negative affect: A control-process view. *Psychological Review*, 97, 19-35. (2) Emmons, R. A., et al. (1996). Goal orientation and emotional well-being: Linking goals and affect through the self *Striving and feeling: Interactions among goals, affect, and self-regulation* (pp. 79-98). Hillsdale, NJ: Lawrence Erlbaum Associates, Inc.

²⁵⁵ (1) Ericsson, K. A., & Charness, N. (1994). Expert performance: Its structure and acquisition. *American Psychologist*, 49, 725-747. (2) Ericsson, K. A., & Ward, P. (2007). Capturing the naturally occurring superior performance of experts in the laboratory.

Current Directions in Psychological Science, 16, 346–350. (3) Simonton, D. K. (2009). *Genius 101*. New York: Springer Publishing Co. (4) Gladwell, M. (2008). *Outliers: The story of success*. New York: Little Brown.

²⁵⁶ The classic paper on deliberate practice is Ericsson, K. A., Krampe, R. T., & Tesch-Römer, C. (1993). The role of deliberate practice in the acquisition of expert performance. *Psychological Review*, 100, 363–406. We should not overlook, however, some equally persuasive evidence on the role of heritable abilities. See for example, (1) Meinz, E. J., & Hambrick, D. Z. (2010). Deliberate practice is necessary but not sufficient to explain individual differences in piano sight-reading skill: The role of working memory capacity. *Psychological Science*, 21, 914–919. (2) Simonton, D. K. (2008). Scientific talent, training, and performance: Intellect, personality, and genetic endowment. *Review of General Psychology*, 12, 28–46.

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²⁵⁸ For a recent example, see Chua, A. (2011). *Battle hymn of the tiger mother*. New York: Penguin Press.

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Chapter 6: I Can't Be Happy When...I'm Broke

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²⁸⁷ Ibid. See also Carter, T. J., & Gilovich, T. (2012). I am what I do, not what I have: The differential centrality of experiential and material purchases to the self. *Journal of Personality and Social Psychology*, 102, 1304-1317.

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²⁹² Zhong & Mitchell (2010), op. cit. See ch. 6, note 290.

²⁹³ This research was done by Richard Tunney (University of Nottingham).

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²⁹⁹ Bucchianeri, G. W. (2009). *The American dream or the American delusion? The private and external benefits of homeownership*. Working paper, The Wharton School of Business, Philadelphia, PA.

³⁰⁰ Lyubomirsky (2011), op. cit. See ch. 1, note 15.

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Chapter 7: I'll Be Happy When...I'm Rich

³⁰² Important identifying information has been changed. I am deeply grateful to Thomas Martin.

³⁰³ I could cite many empirical articles to back this up, but one eminently readable and laugh-out-loud funny source is Gilbert, D. (2006). *Stumbling on happiness*. New York: Knopf.

³⁰⁴ Shakespeare, W. (1594/2010). The rape of Lucrece. In C. Brown (Ed), *Venus and Adonis: The rape of Lucrece and other poems*. New York: Nabu Press. (p. 109)

³⁰⁵ For a fascinating anecdote about Walker Percy's musings about hurricanes, see the following passage from the gifted Walter Isaacson: Isaacson, W. (2009). *American sketches: Great leaders, creative thinkers, and heroes of the hurricane*. New York: Simon & Schuster. (pp. 269-270)

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³⁰⁷ Ridley, M. (2010). *The rational optimist: How prosperity evolves*. New York: Harper.

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³¹¹ (1) Stutzer, A. (2004). The role of income aspirations in individual happiness. *Journal of Economic Behaviour and Organization*, 54, 89-109. (2) van Praag, B. M. S., & Ferrer-i-Carbonell, A. (2004). *Happiness quantified – A satisfaction calculus approach*. Oxford: Oxford University Press.

³¹² See, for example, Krueger et al. (2009), op. cit. See ch. 4, note 200.

³¹³ Loewenstein, G., & Schkade, D. (1999). Wouldn't it be nice? Predicting future feelings. In Diener et al. (Eds.), op. cit. pp. 85-105. See ch. 1, note 16.

³¹⁴ Dutt, A. K. (2009). Happiness and the relative consumption hypothesis. In Dutt & Radcliff (Eds.), op. cit. pp. 127. See ch. 1, note 29.

³¹⁵ 1) Solnick, S. J., & Hemenway, D. (1998). Is more always better? A survey on positional concerns. *Journal of Economic Behavior and Organization*, 37, 373-383. (2) Zizzo, D. J., & Oswald, A. J. (2001). Are people willing to pay to reduce others' incomes? *Annales d'Economie et de Statistique*, 63-64, 39-65.

³¹⁶ Richins, M. L. (2004). The Material Values Scale: Measurement properties and development of a short form. *The Journal of Consumer Research*, 31, 209-219.

³¹⁷ Ibid.

³¹⁸ (1) Brown, K. W., & Kasser, T. (2005). Are psychological and ecological well-being compatible? The role of values, mindfulness, and lifestyle. *Social Indicators Research*, 74, 349-368. (2) Kasser & Ryan (1993), op. cit. (See ch. 5, note 260). (3) Nickerson, C., Schwarz, N., Diener, E., & Kahneman, D. (2003). Zeroing in on the dark side of the American Dream: A closer look at the negative consequences of the goal for financial success. *Psychological Science*, 14, 531- 536. (4) Kasser (2002), op. cit. (See ch. 5, note 260). (5) Vohs, K. D., Mead, N. L., & Goode, M. R. (2006). The psychological consequences of money. *Science*, 314, 1154–1156.

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³²⁰ (1) Belk (1985), op. cit. (See ch. 6, note 288). (2) Richins & Dawson (1992), op. cit. (See ch. 6, note 288). (3) Kashdan & Breen (2007), op. cit. (See ch. 6, note 288). (4) Kasser & Ryan (1993), op. cit. (See ch. 5, note 260). (5) Kasser & Ryan (2001), op. cit. (See ch. 6, note 288). (6) Solberg, E. G., Diener, E., & Robinson, M. D. (2004). Why are materialists less satisfied? In T. Kasser & A. D. Kanner (Eds.), *Psychology and consumer culture: The struggle for a good life in a materialistic world* (pp. 29-48). Washington, DC: American Psychological Association.

³²¹ James, O. (2007). *Affluenza*. New York: Vermillion.

³²² Csikszentmihalyi, M. (1999). If we are so rich, why aren't we happy? *American Psychologist*, 54, 821-827.

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³²⁴ On the other hand, my other favorite quote, from Bo Derek, is “Those who say money can't buy happiness just don't know where to shop.”

³²⁵ I discovered that at least four of these six principles are also described in the following eloquent and persuasive paper: Dunn, E. W., Gilbert, D. T., & Wilson, T. D. (2011). If money doesn't make you happy then you probably aren't spending it right. *Journal of Consumer Psychology*, 21, 115-125. My graduate student Joe Chancellor's and my response to these ideas is contained in Chancellor, J., & Lyubomirsky, S. (2011). Happiness and thrift: When (spending) less is (hedonically) more. *Journal of Consumer Psychology*, 21, 131-138.

³²⁶ (1) Kasser & Ryan (1993), op. cit. (See ch. 5, note 260). (2) Kasser & Ryan (1996), op. cit. (See ch. 5, note 251). (3) Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55, 68-78.

³²⁷ (1) Koob, G. F., & Le Moal, M. (2001). Drug addiction, dysregulation of reward, and allostasis. *Neuropsychopharmacology*, 24, 97-129. (2) Myers (2000), op. cit. (See ch. 6, note 276).

³²⁸ (1) Lyubomirsky, King, et al. (2005), op. cit. (See ch. 4, note 207). (2) Norton, M. I., et al. (2009). *From wealth to well-being: Spending money on others promotes happiness*. Paper presented at the Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL. (3) Otake, K., et al. (2006). Happy people become happier through kindness: A counting kindnesses intervention. *Journal of Happiness Studies*, 7, 361-375.

³²⁹ (1) Havens, J. J. (2006). Charitable giving: How much, by whom, to what, and how? In W. W. Powell & R. Steinberg (Eds.) *The non-profit sector: A research handbook*. New Haven, CT: Yale Press. (2) Easterbrook, G. (2007, March 18). A wealth of cheapskates. *Los Angeles Times*. (3) Independent Sector. (2002). *Giving and volunteering in the United States*. Washington D. C.: Author. (4) James, R. N., III, & Sharpe, D. L. (2007). The nature and causes of the U-shaped charitable giving profile. *Nonprofit and Volunteer Sector Quarterly*, 36, 218-238. See also Piff, P. K., et al. (2010). Having less, giving more: The influence of social class on prosocial behavior. *Journal of Personality and Social Psychology*, 99, 771-784.

³³⁰ Dunn et al. (2008), op. cit. See ch. 1, note 84.

³³¹ Aknin, L., et al. (2010). *Prosocial spending and well-being: Cross-cultural evidence for a psychological universal*. Manuscript under review.

³³² A chapter devoted to the subject of why acts of kindness make us happy and how to practice them is in Lyubomirsky (2008), op. cit. See introduction, note 32.

³³³ (1) Lyubomirsky, Sheldon, et al. (2005), op. cit. (See ch. 1, note 16). (2) Sheldon et al. (in press), op. cit. (See ch. 1, note 27).

³³⁴ Layard, R. (2005). *Happiness: Lessons from a new science*. London: Penguin Press.

³³⁵ Loewenstein, G. (1999). Because it is there: The challenge of mountaineering...for utility theory. *KYKLOS: International Review for Social Sciences*, 52, 315-344.

³³⁶ Loewenstein, G. (1987). Anticipation and the valuation of delayed consumption. *The Economic Journal*, 97, 666-684.

³³⁷ Mitchell et al. (1997), op. cit. See ch. 6, note 285.

³³⁸ Nawijn, J., et al. (2010). Vacationers happier, but most not happier after a holiday. *Applied Research in Quality of Life*, 5, 35-47. See also Van Boven, L., & Ashworth, L. (2007). Looking forward, looking back: Anticipation is more evocative than retrospection. *Journal of Experimental Psychology: General*, 136, 289-300.

³³⁹ The chef was Thomas Keller of the French Laundry, and despite the fact that we ended up having that unlikely future child (Isabella), we bailed on the pledge.

³⁴⁰ But the remaining three – wrath, pride, and envy – aren't far behind.

³⁴¹ (1) Read, D., Loewenstein, G., & Kalyanaraman, S. (1999). Mixing virtue and vice: Combining the immediacy effect and the diversification heuristic. *Journal of Behavioral Decision Making*, 12, 257-273. (2) Read, D., & van Leeuwen, B. (1998). Predicting hunger: The effects of appetite and delay on choice. *Organizational Behavior and Human Decision Processes*, 76, 189-205.

³⁴² Hawn, G. (2005). *Goldie: A lotus grows in the mud*. New York: Putnam. (p. 163)

Part III: LOOKING BACK

Chapter 8: I Can't Be Happy When...The Test Results Were Positive

³⁴³ Edwards, E. (2009). *Resilience*. New York: Broadway. (p. 129 and p. 133)

³⁴⁴ Ibid. (p. 141)

³⁴⁵ One of my best friends from college, Sarah Stroud, is now a professor of philosophy at McGill University in Montreal and, when I visited her a while back, her philosophy antennae picked up on the leap in logic that I am making here. If we accept as true that

our experience is what we agree to attend to, this statement does not inexorably lead to the conclusion that we can *control* what we attend to. I admit to the lapse, but argue that research supports the notion that we have power over much of our attention and thought processes.

³⁴⁶ William James was credited with the statement that “man can alter his life simply by altering his attitude of mind.”

³⁴⁷ William, J. (1890). *Principles of psychology*. New York: Henry Holt and Company. (p. 402)

³⁴⁸ Calloway, E., & Naghdi, S. (1982). An information processing model for schizophrenia. *Archives of General Psychiatry*, *39*, 339-347.

³⁴⁹ Jacobson, N. S., & Moore, D. (1981). Spouses as observers of the events in their relationship. *Journal of Consulting and Clinical Psychology*, *49*, 269-277.

³⁵⁰ It's worth noting that psychological scientists from William James to the present day have presented evidence for two kinds of attention – voluntary attention (the kind that I am talking about in this section and the kind we can control) and involuntary attention (the kind that is “captured” by important or exciting events or objects in our environments, like the sound of a gunshot or a beautiful sunset). Not only is voluntary (i.e., directed) and involuntary (i.e., effortless) attention experienced differently, but these two types of attention appear to rely on different parts of the brain. To learn more, see Kaplan, S., & Berman, M. G. (2010). Directed attention as a common resource for executive function and self-regulation. *Perspectives on Psychological Science*, *5*, 43-57.

³⁵¹ Frank, R. H. (2009). The Easterlin Paradox revisited. In Dutt & Radcliff (Eds.), *op. cit.*, p. 156. See ch. 1, note 29.

³⁵² Kaplan & Berman (2010), *op. cit.* See ch. 8, note 350.

³⁵³ (1) Kaplan, S. (1995). The restorative benefits of nature: Toward an integrative framework. *Journal of Environmental Psychology*, *15*, 169–182. (2) Kaplan & Berman (2010), *op. cit.* See ch. 8, note 350.

³⁵⁴ (1) Kaplan, S., & Talbot, J. F. (1983). Psychological benefits of a wilderness experience. In I. Altman & J. F. Wohlwill (Eds.), *Behavior and the natural environment* (pp. 163-203). New York: Plenum. (2) Tarrant, M. A. (1996). Attending to past outdoor recreation experiences: Symptom reporting and changes in affect. *Journal of Leisure Research*, *28*, 1-17. (3) Ulrich, R. S., et al. (1991). Stress recovery during exposure to natural and urban environments. *Journal of Environmental Psychology*, *11*, 201-230. (4) Nisbet, E. K., Zelenski, J. M., & Murphy, S. A. (2011). Happiness is in our nature: Exploring nature relatedness as a contributor to subjective well-being. *Journal of Happiness Studies*, *12*, 303–322. (5) Nisbet, E. K., & Zelenski, J. M. (2011). Underestimating nearby nature: Affective forecasting errors obscure the happy path to sustainability. *Psychological Science*, *22*, 1101-1106.

³⁵⁵ Berman, M. G., Jonides, J., & Kaplan, S. (2008). The cognitive benefits of interacting with nature. *Psychological Science*, *19*, 1207-1212.

³⁵⁶ Mayer, F. S., et al. (2009). Why is nature beneficial? The role of connectedness to nature. *Environment and Behavior*, *41*, 607-643.

³⁵⁷ (1) Lutz, A., et al. (2008). Regulation of the neural circuitry of emotion by compassion meditation: Effects of meditative expertise. *PLoS ONE*, *3*, e1897. (2) Fredrickson et al. (2008), *op. cit.* (See ch. 2, note 99). (3) For example, see Paul-Labrador, M., et al. (2006).

Effects of a randomized controlled trial of transcendental meditation on components of the metabolic syndrome in subjects with coronary heart disease. *Archives of Internal Medicine*, 166, 1218-1224. Much of this fascinating research is reviewed in Kabat-Zinn, J. (2003). Mindfulness-based interventions in context: Past, present, and future. *Clinical Psychology: Science and Practice*, 10, 144-156. (4) Davidson, R. J., et al. (2003). Alterations in brain and immune function produced by mindfulness meditation. *Psychosomatic Medicine*, 65, 564-570. (5) Cranson, R. W., et al. (1991). Transcendental meditation and improved performance on intelligence-related measures: A longitudinal study. *Personality and Individual Differences*, 12, 1105-1116.

³⁵⁸ (1) Tang, Y.-Y., et al. (2007). Short-term meditation training improves attention and self-regulation. *Proceedings of the National Academy of Sciences*, 104, 17152–17156. (2) Kaplan, S. (2001). Meditation, restoration, and the management of mental fatigue. *Environment and Behavior*, 33, 480–506. (3) Slagter, H. A., et al. (2007). Mental training affects use of limited brain resources. *PLoS Biology*, 5, e138. (4) MacLean, K. A., et al. (2010). Intensive meditation training improves perceptual discrimination and sustained attention. *Psychological Science*, 21, 829-839.

³⁵⁹ (1) Fredrickson (2001), op. cit. (See ch. 2, note 98). (2) Fredrickson, B. L. (2009). *Positivity*. New York: Crown.

³⁶⁰ For reviews and evidence for these points, see (1) Lyubomirsky, King, et al. (2005), op. cit. (See ch. 4, note 207). (2) King et al. (2006), op. cit. (See ch. 2, note 99). (3) Cohn, M. A., et al. (2009). Happiness unpacked: Positive emotions increase life satisfaction by building resilience. *Emotion*, 9, 361-368.

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³⁶² Matthew 25:29. New Revised Standard.

³⁶³ (1) Diener et al. (1991), op. cit. (See ch. 6, note 289). (2) Larsen, R. J., Diener, E., & Cropanzano, R. (1987). Cognitive operations associated with individual differences in affect intensity. *Journal of Personality and Social Psychology*, 53, 767-774.

³⁶⁴ Carstensen, L. L., et al. (2011). Emotional experience improves with age: Evidence based on over 10 years of experience sampling. *Psychology and Aging*, 26, 21-33.

³⁶⁵ Mochon et al. (2008), op. cit. See ch. 6, note 294.

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Chapter 9: I Can't Be Happy When...I Know I'll Never Play Shortstop For the Yankees

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- ³⁹² For exhaustive and excellent advice, see Nolen-Hoeksema (2003), op. cit. See ch. 2, note 120.
- ³⁹³ Stewart & Vandewater (1999), op. cit. See ch. 9, note 384.
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- ³⁹⁵ (1) Summerville, A., & Roese, N. J. (2008). Dare to compare: Fact-based versus simulation-based comparison in daily life. *Journal of Experimental Social Psychology*, 44, 664–671. (2) Summerville, A. (2011). Counterfactual seeking: The scenic overlook of the road not taken. *Personality and Social Psychology Bulletin*, 37, 1522–1533.
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- ³⁹⁷ Ibid. (p. 109)
- ³⁹⁸ I am grateful to Landau, Greenberg, and Sullivan (2009) for this example.
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- ⁴⁰⁰ (1) Gilovich, T., & Medvec, V. H. (1995). The experience of regret: What, when, and why. *Psychological Review*, 102, 379–395. (2) Gilovich, T., et al. (2003). Regrets of action and inaction across cultures. *Journal of Cross-Cultural Psychology*, 34, 61–71.
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- ⁴⁰³ Schwartz, B. (2004). *The paradox of choice*. New York: HarperCollins.
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- ⁴⁰⁶ (1) Danziger, S., Levav, J., & Avnaim-Pesso, L. (2011). Extraneous factors in judicial decisions. *Proceedings of the National Academy of Sciences*, 108, 6889–6892. (2) Vohs, K. D., et al. (2008). Making choices impairs subsequent self-control: A limited-resource account of decision making, self-regulation, and active initiative. *Journal of Personality and Social Psychology*, 94, 883–898. (3) Levav, J., et al. (2010). Order in product

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⁴⁰⁷ Lyubomirsky & Ross (1997), op. cit. See ch. 5, note 246.

⁴⁰⁸ An excellent book that advocates time diaries is Vanderkam, L. (2010). *168 hours: You have more time than you think*. New York: Portfolio.

Chapter 10: I Can't Be Happy When... The Best Years of My Life Are Over

⁴⁰⁹ Mitchell et al. (1997), op. cit. See ch. 6, note 285.

⁴¹⁰ Humphrey Bogart (as Rick Blaine) to Ingrid Bergman (as Ilsa Lund) in the film *Casablanca*.

⁴¹¹ To read the full paper, see this: Liberman et al. (2009), op. cit. See ch. 5, note 231.

⁴¹² This distinction was first described by the late Amos Tversky, a brilliant scientist who collaborated with Daniel Kahneman on groundbreaking work in the field of judgment and decision making. In 2002, four years after Tversky's untimely death from cancer, Kahneman won the Nobel Prize in Economics for that work. Nobel Prizes are not awarded posthumously. The ideas I describe here were first published in a chapter: Tversky, A., & Griffin, D. (1991). Endowment and contrast in judgments of well-being. In Strack, Argyle, & Schwarz (Eds.), op. cit. (See ch. 6, note 289).

⁴¹³ Interestingly, just this one finding was only evident among the Americans surveyed, not the Israelis.

⁴¹⁴ Lacey et al. (2006), op. cit. See ch. 2, note 144.

⁴¹⁵ However, as my husband puts it, our *first* chance at happiness is apparently being born to royalty!

⁴¹⁶ Lyubomirsky, S., Sousa, L., & Dickerhoof, R. (2006). The costs and benefits of writing, talking, and thinking about life's triumphs and defeats. *Journal of Personality and Social Psychology*, 90, 692-708.

⁴¹⁷ Timothy Wilson of the University of Virginia and Daniel Gilbert of Harvard University call this process "ordinizing": (1) Wilson, T. D., & Gilbert, D. T. (2003). Affective forecasting. *Advances in Experimental Social Psychology*, 35, 345-411. (2) Wilson et al. (2005), op. cit. (See ch. 1, note 44).

⁴¹⁸ From English statesman Benjamin Disraeli: Disraeli, B. (2000). *Lothair* (Vol. III). Cambridge, England: Chadwyck-Healey Ltd. (p. 206)

⁴¹⁹ For a review, see Ryan & Deci (2000), op. cit. See ch. 7, note 326.

⁴²⁰ (1) Emmons & King (1988), op. cit. (See ch. 5, note 251). (2) Sheldon & Kasser (1995), op. cit. (See ch. 5, note 259).

⁴²¹ For example, see Kasser & Ryan (1996). op. cit. See chapter 5, note 251.

⁴²² (1) Sheldon, K. M., & Elliot, A. J. (1999). Goal striving, need satisfaction, and longitudinal well-being: The self-concordance model. *Journal of Personality and Social Psychology*, 76, 546-557. (2) Sheldon, K. M. (2002). The self-concordance model of healthy goal-striving: When personal goals correctly represent the person. In E. L. Deci & R. M. Ryan (Eds.), *Handbook of self-determination theory* (pp. 65-86). Rochester, NY: University of Rochester Press.

⁴²³ (1) King, L. A. (1996). Who is regulating what and why? Motivational context of self-regulation. *Psychological Inquiry*, 7, 57-60. (2) Emmons, R. A. (1986). Personal

strivings: An approach to personality and subjective well-being. *Journal of Personality and Social Psychology*, 51, 1058-1068.

⁴²⁴ (1) Elliot, A. J., & Sheldon, K. M. (1998). Avoidance personal goals and the personality-illness relationship. *Journal of Personality and Social Psychology*, 75, 1282-1299. (2) Elliot, A. J., Sheldon, K. M., & Church, M. A. (1997). Avoidance personal goals and subjective well-being. *Personality and Social Psychology Bulletin*, 23, 915-927. (3) Elliot, A. J., & McGregor, H. A. (2001). A 2 X 2 achievement goal framework. *Journal of Personality and Social Psychology*, 80, 501-519.

⁴²⁵ Kruglanski (1996), op. cit. See ch. 5, note 252.

⁴²⁶ Vatsyayna. (2005). *The Kama Sutra*. (S. R. Burton & F. F. Arbuthont, Trans.). London: Elibron Classics. (Original work published 1883).

⁴²⁷ Huxley, A. (1925). *Those barren leaves*. Normal, IL: Dalkey Achieve Press. (p. 79)

⁴²⁸ (1) Lacey et al. (2006), op. cit. (See ch. 2, note 144). (2) Hummert, M. L., et al. (1994). Stereotypes of the elderly held by young, middle-aged, and elderly adults. *Journals of Gerontology*, 49, 240. (3) Nosek, B. A., Banaji, M., & Greenwald, A. G. (2002). Harvesting implicit group attitudes and beliefs from a demonstration Web site. *Group Dynamics: Theory, Research, and Practice*, 6, 101-115.

⁴²⁹ I don't usually provide so many references for a single topic, but I want to underscore the weight of the empirical evidence on this point: (1) Birditt, K. S., Fingerman, K.L., & Almeida, D. (2005). Age and gender differences in reported reactions to interpersonal tensions: A daily diary study. *Psychology & Aging*, 20, 330-340. (2) Carstensen et al. (2011), op. cit. (See ch. 8, note 364). (3) Carstensen, L. L., et al. (2000). Emotional experience in everyday life across the adult life span. *Journal of Personality and Social Psychology*, 79, 644-655. (4) Charles, S. T., & Pasupathi, M. (2003). Age-related patterns of variability in self-descriptions: Implications for everyday affective experience. *Psychology and Aging*, 18, 524-536. (5) Charles, S. T., Reynolds, C. A., & Gatz, M. (2001). Age-related differences and change in positive and negative affect over 23 years. *Journal of Personality and Social Psychology*, 80, 136-151. (6) George, L. K., et al. (1988) Psychiatric disorders and mental health service use in later life: Evidence from the Epidemiologic Catchment Area Program. In J. Brody & G. Maddox (Eds.), *Epidemiology and aging* (pp. 189 -219). New York: Springer. (7) Gross, J. J., et al. (1997). Emotion and aging: Experience, expression, and control. *Psychology and Aging*, 12, 590-599. (8) Jopp, D., & Smith, J. (2006). Resources and life-management strategies as determinants of successful aging: On the protective effect of selection, optimization, and compensation. *Psychology and Aging*, 21, 253-265. (9) Mroczek, D. K., & Kolarz, S. M. (1998). The effect of age on positive and negative affect: A developmental perspective on happiness. *Journal of Personality and Social Psychology*, 75, 1333-1349. (10) Mroczek, D. K., & Spiro, A., III. (2005). Change in life satisfaction during adulthood: Findings from the Veterans Affairs Normative Aging Study. *Journal of Personality and Social Psychology*, 88, 189-202. (11) Röcke, C., Li, S-C., & Smith, J. (2009). Intraindividual variability in positive and negative affect over 45 days: Do older adults fluctuate less than younger adults? *Psychology and Aging*, 24, 863-878. (12) Williams, L. M., et al. (2006). The mellow years? Neural basis of improving emotional stability over age. *The Journal of Neuroscience*, 26, 6422-6430. (13) Vaillant, G. E. (1994). "Successful aging" and psychosocial well-being: Evidence from a 45-year study. In E. H. Thompson (Ed.),

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- ⁴³⁰ (1) Carstensen et al. (2011), op. cit. (See ch. 8, note 364). (2) Mroczek & Spiro (2005), op. cit. (See ch. 10, note 430). (3) Williams et al. (2006), op. cit. (See ch. 10, note 430).
- ⁴³¹ For an excellent and accessible introduction to this literature, see Carstensen, S. (2009). *A long bright future: An action plan for a lifetime of happiness, health, and financial security*. New York: Broadway. For scholarly articles, see (1) Carstensen, L. L. (2006). The influence of a sense of time on human development. *Science*, 312, 1913–1915. (2) Carstensen, L. L., Isaacowitz, D. M., & Charles, S. T. (1999). Taking time seriously: a theory of socioemotional selectivity. *American Psychologist*, 54, 165–181.
- ⁴³² Mogilner, C., Kamvar, S. D., & Aaker, J. (2011). The shifting meaning of happiness. *Social Psychological and Personality Science*, 2, 395–402.
- ⁴³³ (1) Riediger, M., et al. (2009). Seeking pleasure and seeking pain: Differences in prohedonic and contra-hedonic motivation from adolescence to old age. *Psychological Science*, 20, 1529–1535. (2) Carstensen, L. L., Fung, H. H., & Charles, S. T. (2003). Socioemotional selectivity theory and the regulation of emotion in the second half of life. *Motivation and Emotion*, 27, 103–123. (3) Urry, H. L., & Gross, J. J. (2010). Emotion regulation in older age. *Current Directions in Psychological Science*, 19, 352–357. (4) Lawton, M. P. (1989). Environmental proactivity and affect in older people. *Social Psychology and Aging*, 135–164. (4) Labouvie-Vief, G., & Blanchard-Fields, F. (1982). Cognitive aging and psychological growth. *Ageing and Society*, 2, 183–209. (5) Labouvie-Vief, G., & DeVoe, M. (1991). Emotional regulation in adulthood and later life: a developmental view. *Annual Review of Gerontology and Geriatrics*, 11, 172–194. (6) Fingerma, K. L., & Charles, S. T. (2010). It takes two to tango: Why older people have the best relationships. *Current Directions in Psychological Science*, 19, 172–176.
- ⁴³⁴ A nice example is Kennedy, Q., Mather, M., & Carstensen, L.L. (2004). The role of motivation in the age-related positivity effect in autobiographical memory. *Psychological Science*, 15, 208–214. For reviews, see (1) Carstensen, L. L., & Mikels, J. A. (2005). At the intersection of emotion and cognition: Aging and the positivity effect. *Current Directions in Psychological Science*, 14, 117–121. (2) Charles, S. T. (2010). Strength and vulnerability integration: A model of emotional well-being across adulthood. *Psychological Bulletin*, 136, 1068–1091.
- ⁴³⁵ Calder, A. J., et al. (2003). Facial expression recognition across the adult life span. *Neuropsychologia*, 4, 195–202.
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Conclusion: Exploding the Myth of Happiness

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⁴³⁸ See the references in the Introduction, as well as these reviews – the first brief and readable, the second brilliant and comprehensive: (1) Wilson & Gilbert (2005), *op. cit.* (See ch. 1, note 5). (2) Gilbert et al. (2002), *op. cit.* (See introduction, note 1).