Arthur Brooks

Professor at the Harvard Kennedy School and Harvard Business School; Social Scientist; Bestselling Author; and The Atlantic Columnist

Build the Life You Want: The Art and Science of Getting Happier. Arthur C. Brooks invites you to begin a journey toward greater happiness no matter how challenging your circumstances. Drawing on cutting-edge science and years of helping people translate ideas into action, Brooks shows you how to improve your life right now instead of waiting for the outside world to change. With insight, compassion, and hope, Brooks reveals how the tools of emotional self-management can change your life?immediately. He recommends practical, research-based practices to build the four pillars of happiness: family, friendship, work, and faith. And along the way, he shares hard-earned wisdom from his own life and career as well as the witness of regular people whose lives are joyful despite setbacks and hardship.

Moving from Strength to Strength in Work, Life, & Happiness. It is an almost inevitable—and, to many of us, frightening—fact that our professional abilities decline as we age. As leaders, how can we prepare for the changes that come later in life, and how can we structure our lives in a way that uncovers new strengths and leads to lasting happiness? Blending the latest in behavioral social science research, ancient wisdom, and historical analysis, Professor Arthur Brooks will reveal how effectiveness and wellbeing at all stages of life come not from holding on to past achievements, but from cultivating new habits and a different understanding of success and fulfillment.

Leadership and Happiness. Most people think success is the key to happiness, but they are wrong. Happiness is the key to success. According to research, to be successful in life, one should understand happiness and manage to it—our own and others'. Unfortunately, most people have to learn this fact through hard experience. Happiness expert Arthur C. Brooks believes that behind this problem lies an enormous opportunity for businesses to improve happiness practices internally, thus raising workplace engagement, facilitating recruitment, and increasing retention and productivity. Indeed, companies can establish a culture of meaning, purpose, and life satisfaction–and can thus prosper in highly-competitive labor markets where culture and quality of life are so critical.

Love Your Enemies. America is afflicted with a "culture of contempt," says Brooks. It is increasingly common for people to view those who disagree with them as worthless, instead of just misguided or incorrect. This is fomented by an "outrage industrial complex" in media and politics. Through ancient wisdom and cutting-edge behavioral science, Brooks provides a roadmap to the prosperity that comes when we choose to love one another – gaining strength from our differences.

Your Happiness 401k. Well-being is like a retirement account: The sooner you invest, the greater your returns will be. Exploring the expanding science of happiness, Professor Brooks shares specific

investments you can make based on the best research, trends in social science, positive psychology, neuroscience, and philosophy to help people live a more purposeful life, full of long-lasting enjoyment and satisfaction.