



# Engineering Happiness: A New Approach for Building a Joyful Life

*Manel Baucells, Rakesh Sarin*

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**Engineering Happiness: A New Approach for Building a Joyful Life** Manel Baucells, Rakesh Sarin  
Manel Baucells and Rakesh Sarin have been conducting ground-breaking research on happiness for more than a decade, and in this book they distill their provocative findings into a lively, accessible guide for a wide audience of readers. Integrating their own research with the latest thinking in the behavioral and social sciences—including management science, psychology, and economics—they offer a new approach to the puzzle of happiness. Woven throughout with wisdom from the world’s religions and literatures, *Engineering Happiness* has something to offer everyone—regardless of background, profession, or aspiration—who wants to better understand, control, and attain a more joyful life.

- Shows how a few major principles can explain how happiness works and why it is so elusive
- Demonstrates how the essence of attaining happiness is choice
- Explores how to avoid happiness traps
- Tells how to recognize happiness triggers in everyday life

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