



# **Beyond Happiness: The trap of happiness and how to find deeper meaning and joy**

*Anthony Seldon*

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As Britain's best-known headmaster, Sir Anthony famously introduced happiness, or well-being, lessons at his school, Wellington College. In 2011, he co-founded Action for Happiness, a body to raise awareness of the discovery of happiness and reduction of depression, whose influence is growing rapidly in Britain and across the world.

In this book Anthony Seldon distinguishes between pleasure, happiness and joy, and offers an original 8-step approach on how to make our lives far more meaningful and rewarding. The pursuit of happiness can all too easily become a trap which seduces us into thinking there is no more to life than being happy. In fact, the author is highly critical of 'positive psychology' and other dominant schools of thought.

In fact, we need to reach beyond this if we are to access the deepest levels of human experience open to us, and find our own unique path in life. The author offers a further 5 steps, which point the way to accessing these deeper levels of experience, which alone result in the joyful life which is our birthright.

Paradoxically, as this book demonstrates, stepping off the happiness treadmill will ultimately make for a happier and more fulfilled life. It is time to go beyond happiness.

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