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If You're So Smart, Why Aren't You Happy?

Raj Raghunathan

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If You're So Smart, Why Aren't You Happy? Raj Raghunathan

The first book by the creator of COURSERA®'s most popular online course in 2015, "A Life of Happiness and Fulfillment"

Could the same traits that drive your career success also be keeping you from being happier?

Fifteen years after getting his MBA, Raj Raghunathan spent some time with his old classmates. He noticed that though they'd all done well, there didn't appear to be much correlation between their academic success and career success. What Raj found even more curious was the even smaller correlation between career success and what he calls life success. The greater the career success, the more unhappy, out of shape, harried and distracted his friends were.

If intelligence helps with decision-making, smart people should naturally make better life choices. So why are so many of the smartest, brightest, most successful people profoundly unhappy? Raj set out to find an answer to this problem, and extensively researched happiness not just of students and business people, but also stay-at-home-parents, lawyers, and artists, among others.

If You're So Smart, Why Aren't You Happy? takes readers on a fun and meaningful tour of the best research available on how some of the very determinants of success may also come to deflate happiness. Raghunathan explores the seven most common inclinations that successful people need to overcome, and the seven habits they should adopt instead. Among his surprising findings...

·The correlation between wealth and happiness is much smaller than you'd expect it to be
·Generosity is not only a key to happiness, but a determining factor of long term success
·Appreciating uncertainty, rather than seeking full control of outcomes, is necessary for happiness

If You're So Smart, Why Aren't You Happy? will give you a powerful new perspective on your work, personal goals and relationships, whether you're already successful or just starting out.

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