Stumbling on Happiness: Summary of the Key Ideas - Original Book by Daniel Gilbert

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Stumbling on Happiness: Summary of the Key Ideas - Original Book by Daniel Gilbert Evolvo "Stumbling on Happiness" defines how wrong we are in our assumption of happiness, and makes us aware of our absurdity in categorizing pleasure and displeasure. It talks about what a simple human mind tends to associate with the word happiness, how it endures the onslaughts of certain events in life, what statistics and surveys say about happiness and what happens once we achieve that craved abstract concept.

Who should read this book:
• People unsatisfied with their present condition.
• Readers who are interested in learning more psychological facts about humans.
• Individuals who seek to find "happiness" in their lives.
• Anyone looking for general inspiration to change their mindset.

In this summary:
Chapter 1: What we think "happiness" stands for
Chapter 2: "Happiness" is divided into several subcategories
Chapter 3: We are prone to misinterpret our feelings
Chapter 4: Imagination tends to focus on the near future
Chapter 5: Past and present are equal to the future
Chapter 6: Our "happiness" quote that we hold on to firmly
Chapter 7: To "digest" experiences, we simply reason
Chapter 8: Happiness comes from unhappiness
Chapter 9: Take a survey to break out of your reverie
Chapter 10: Abstracts come and fade away in a blink
Chapter 11: Final Summary

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