

# THE HAPPINESS ADVANTAGE

The Seven Principles of Positive  
Psychology That Fuel Success  
and Performance at Work

SHAWN ACHOR

Summary by ReadinGraphics

## The Happiness Advantage

### Book Summary

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*"Happiness is not the belief that we  
don't need to change; it is the  
realization that we can."*

- Shawn Achor

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**H Kauffman**



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