



Being: Your Happiness, Pleasure, and Contentment

Don Lucas Ph.D.

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Being: Your Happiness, Pleasure, and Contentment, introduces you to the science of happiness. It takes you on a journey of discovery through the science of psychology and its newest branch, positive psychology. This journey has several expected stops along the way - including ones at love, leisure, humor, money, health, playing, and friendships. Unlike previous books on this topic, Being... does not ignore the fact that some of these stops are bumps. The journey has bumps in the road at addiction, obesity, alcoholism, prejudice, depression, hatred, divorce, and suicide. The journey leads to a discovery for you to measure, cultivate, and maintain your own true happiness. True happiness is relative to different parts of your life, and combines happiness with the emotions of pleasure and contentment. Being... reads like a letter from a best friend. Its unique, humorous presentation is likely to make you laugh aloud. Although Being... is entertaining to read, it remains smart, honest, and interactive. Being's... author, Don Lucas, or Dr. Don as his students affectionately refer to him, is the recipient of numerous teaching awards. Being: Your Happiness, Pleasure, and Contentment is further proof for why Dr. Don has won so many teaching awards: He knows how to make learning fun.

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