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The final version of the happiness hypothesis is that happiness comes from between. Happiness is not something you can find, acquire, or achieve directly. You have to get the conditions right and then wait. Some of those conditions are within you, such as coherence among the parts and levels of your personality.

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"Great Ideas" on happiness

espoused by thinkers of the past – Plato , Buddha , Jesus and others – and examines them in the light of contemporary psychological research, extracting from them any lessons that still apply to our modern lives.

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