



The Happy Movie ~ Suggested Reading and Viewing

- 152.42 Cho *The Ultimate Happiness Prescription: 7 Keys to Joy and Enlightenment*, Chopra, Deepak. 2009
- 152.42 Hap *The Happiness Prescription: The Secret to Experiencing a Joyful Life* (DVD). 2008
- 152.42 Har *The Happiness Trap: How to Stop Struggling and Start Living*, Harris, Russ. 2008
- 158 Hap *Happiness 101* (DVD). 2009
- 158 Rub *The Happiness Project: Or Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun*, Rubin, Gretchen Craft. 2009
- 158.1 Dan *The Nine Rooms of Happiness: Loving Yourself, Finding Your Purpose, and Getting Over Life's Little Imperfections*, Danziger, Lucy S. 2010
- 158.1 Lyu *The How of Happiness: A Scientific Approach to Getting the Life You Want*, Lyubomirsky, Sonja. 2008
- 158.7 Ach *The Happiness Advantage: The Seven Principles of Positive Psychology that Fuel Success and Performance at Work*, Achor, Shawn. 2010
- 170.44 Dob *The Lost Art of Happiness*, Dobrin, Arthur. 2011
- 248.4 Mey *The Secret to True Happiness: Enjoy Today, Embrace Tomorrow*, Meyer, Joyce. 2008
- 294.3444 Bst *The Art of Happiness in a Troubled World*, Bstan-'dzin-rgya-mtsho, Dalai Lama XIV. 2009
- 294.3444 Nha *Happiness: Essential Mindfulness Practices*. Nhat Hanh, Thich. 2009
- 302.14 Bro *Gross National Happiness: Why Happiness Matters for America—and How We Can Get More of It*, Brooks, Arthur C. 2008
- 613 Wei *Spontaneous Happiness*, Weil, Andrew. 2011