



Supplemental Readings for “The Science of Happiness

Throughout the course, we’ll be recommending specific passages and chapters from these books. **Purchasing them is optional**—we recommend them mainly for students who want to dive deeper into the topics we cover each week.

- [The How of Happiness \(HOH\)](#), by Sonja Lyubomirsky (Penguin Press, 2008)
- [Born to Be Good \(BTBG\)](#), by Dacher Keltner (W.W. Norton, 2009). Through a special deal we arranged with the publisher, you can also purchase *Born to Be Good* [packaged with *The Compassionate Instinct*](#), which was edited by Dacher and is a compilation of many articles you'll be reading in this course.

International students can [order an e-book](#) of this Born to Be Good package at [eBooks.com](#). The package of Born to Be Good and The Compassionate Instinct is priced specially for "Science of Happiness" students, offered together for just £8.00 in the UK, €10.00 elsewhere in Europe, and \$14.50 in Australia. These prices exclude any local sales tax. The US price (\$12.99) appears in all countries where the other currencies do not apply; however, that price is available only to people outside the United States and Canada.

Below are the selections from *How of Happiness* (HOH) and *Born to Be Good* (BTBG) that we recommended to supplement other material from the course each week:

Week 1

HOH: Chapters 1 & 2

BTBG: Chapter 1

Week 2

HOH: Chapter 5, pp. 125-137

BTBG: Chapter 9



Week 3

HOH: Chapter 5, pp. 138-149

BTBG: Chapter 4 & 11

Week 4

HOH: Chapter 6, pp. 169-179

Week 5 (midterm, no reading)

Week 6

HOH: pp. 198-199, 240-244

Week 7

HOH: Chapter 4, pp. 101-124

HOH: Chapter 8

Week 8

HOH: Chapter 4, pp. 88-100

Week 9

HOH: Chapter 3 & 10

BTBG: Chapter 7 & 12