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## In Search of Lost Happiness

Being Happy is Something You Can Learn

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Authors: Rebecca Shankland (Text) - Jean-François Marmion (Script writer) - Aude Massot (Illustrations)

Publisher : Les Arènes

Category : Comic Books and Graphic Novels

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An accessible comic for people who want to live in harmony with themselves and others, steering clear of fake happiness in a world rattled by crises.

*In Search of Happiness* takes us to a wedding where old friends from high school meet again after twenty years. Damien is struggling through life with job insecurity; Djalil has become a brilliant lawyer, and his daughter Sonia is a cynical teenager. Each of them has developed a certain idea of what happiness is. In the course of the evening, they confide in Rebecca, a researcher in positive psychology, and embark on the most fascinating adventure: self-discovery.

This well-researched graphic novel provides an overview of all the theories and experiments on the subject of happiness, which we come to understand is less a matter of personal development than of... science!

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