



The History of Happiness

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A rigorous investigation into the roots of happiness across the centuries, at the crossroads of science and history.

The quest for joy and fulfillment is not a modern-day invention: humans have been seeking happiness for centuries. From Cro-Magnons to the present, from ancient China to Disney's America, from Roman banquets to Renaissance festivities, and even diving into the human brain, each era sheds light on our relationship with happiness. With a light, ironic, and thoughtful tone, this illustrated investigation makes the science of well-being both accessible and captivating.

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