



The Secrets of Happiness: Three Thousand Years of Searching for the Good Life

Richard Schoch

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Unhappy is the story of happiness. More than two thousand years ago, when the ancient Greeks first pondered what constitutes "the good life," happiness was considered a civic virtue that demanded a lifetime's cultivation. Not just mere enjoyment of pleasure and mere avoidance of suffering, true happiness was an achievement, not a birthright. Now, in an age of instant gratification and infinite distraction, history professor Richard Schoch takes a refreshingly contemplative look at a question that's as vital today as ever: What does it mean to be happy? Schoch consults some of history's greatest thinkers -- from Aristotle to Thomas Aquinas to Buddha -- in his quest to understand happiness in all its hard-won forms. Packed with three thousand years' worth of insights, many long forgotten, *The Secrets of Happiness* is a breath of ancient wisdom for anyone who yearns for the good life.

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