

Bibliography on Happiness

Websites

Dan Gilbert: The surprising science of happiness, TED Talk
<http://bit.ly/2kX3hSU>

Happiness 101 – New York Times Magazine, D.T.Max
<http://nyti.ms/2m2IEa6>

The Science of Happiness, Special Report – Scientific American
<http://bit.ly/2INFe7o>

Books at the Frymoyer Center

Happiness in a storm: facing illness and embracing life as a healthy survivor / Wendy Schlessel Harpham.

A long bright future: an action plan for a lifetime of happiness, health, and financial security / Laura L. Carstensen.

The mindful way through depression: freeing yourself from chronic unhappiness / Mark Williams

Wherever you go, there you are: mindfulness meditation in everyday life / Jon Kabat-Zinn

For assistance finding health information please contact the Frymoyer Community Health Resource Center at The University of Vermont Medical Center.

Frymoyer Community Health Resource Center
3rd Level Main Pavilion, University of Vermont Medical Center Campus
802-847-8821 or Resourcecenter@UVMHealth.org
UVMHealth.org/MedCenterCHRC

