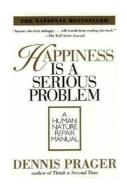
# HAPPINESS IS A SERIOUS PROBLEM: A HUMAN NATURE REPAIR MANUAL

In this unique blend of self-help and moral philosophy, talk-radio host Dennis Prager asserts that we're actually obligated to be happy, because it makes us better people. Achieving that happiness won't be easy, though: to Prager, it requires a continuing process of counting your blessings and giving up any expectations that life is supposed to be wonderful. "Can we...



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Most people wait until tragedy strikes before thinking about how to incorporate tragedy into their life. Dennis Prager, Happiness Is a Serious Problem: A Human Nature Repair Manual //

The Joy of Victimhood There are some clear rules about happiness. One is that you cannot be happy if your primary identity is that of a victim, even if you really are one. There are a number of reasons: People who regard themselves as victims do not see themselves as in control...

## **Reader's Opinions**

I've always enjoyed Dennis Prager's commentary on the radio and his syndicated columns, at least when they used to be included in the LA Times. He's a clear and logical thinker, cutting right to the ethical truth of certain ills besetting our society. The first half...

I've listened to Dennis for close to 10yrs and he is probably the talk show host I enjoy the most. He is level