



The Totally Unscientific Study of the Search for Human Happiness

Paula Poundstone

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“*The Totally Unscientific Study of the Search for Human Happiness* is a remarkable journey. I laughed. I cried. I got another cat.” —Lily Tomlin

Is there a secret to happiness? Beloved comedian Paula Poundstone conducts a series of “thoroughly scientific” experiments to find out, offering herself up as a guinea pig and recording her data for the benefit of all humankind. Armed with her unique brand of self-deprecating wit and the scientific method, in each chapter Paula tries out a different get-happy hypothesis. She gets in shape with taekwondo. She drives fast behind the wheel of a Lamborghini. She communes with nature while camping with her daughter. Swing dancing? Meditation? Volunteering? Does any of it bring her happiness? And more important, can the happiness last when she returns to the daily demands of her chaotic life?

The results are irreverent, laugh-out-loud funny, and pointedly relevant to our times. *The Totally Unscientific Study of the Search for Human Happiness* is both a hilarious story of jumping into new experiences with both feet and a surprisingly poignant tale of a working mother raising three kids. Paula is a master of her craft. Her comedic brilliance, served up in abundance in this book, has been compared to that of George Carlin, Tina Fey, Lily Tomlin, and David Sedaris.

“The bravest and best improv comic of our time has now done the impossible and created a Work of Literature that has the wild, hairy spirit of performance about it . . . There is not a bad seat in the house.”
—Garrison Keillor

“Paula Poundstone deserves to be happy. Nobody deserves to be this funny.” —Roy Blount Jr.

“I’ve discovered that the secret to happiness is to let Paula do all these things while I read her hilarious book about it.” —P. J. O’Rourke

“Paula Poundstone never disappoints . . . An informative and highly entertaining book that deserves to be read and discussed . . . and I highly recommend that it is.” —Carl Reiner

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People live in this new morning of lifestyle always try to and must have the time or they will get lots of stress from both day to day life and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will probably unlimited right. Then do you ever try this one, reading books. It can be your alternative in spending your spare time, often the book you have read is definitely The Totally Unscientific Study of the Search for Human Happiness.

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Playing with family in a very park, coming to see the sea world or hanging out with buddies is thing that usually you could have done when you have spare time, in that case why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love The Totally Unscientific Study of the Search for Human Happiness, you can enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh come on its mind hangout folks. What? Still don't get it, oh come on its called reading friends.

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