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Happiness by Dan Gilbert. My notes are informal and often contain quotes from the book as well as my own thoughts. This summary also includes key lessons and important passages from the book. The greatest ability of the human brain is to imagine, to see the world as it has never been before.

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## Book Summary: Stumbling on Happiness by Dan Gilbert

Stumbling on Happiness is a non-fiction book by Daniel Gilbert. It was published in the United States and Canada in 2006 by Knopf, and has been translated into more than 30 languages. It is a New York

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His 2006 New York Times bestseller, Stumbling On Happiness, provides lots of scenarios, in which simulations lead us to making the wrong decisions and false assumptions about ourselves. The book

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## Stumbling On Happiness Summary - Four Minute Books

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very simple but powerful idea what distinguishes us as human beings from other animals is our ability to predict the future or rather our interest in predicting the future we spend a great deal of our waking life imagining what it would be like to be this way or that way or to do this or that or taste or buy or experience some



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Stumbling on Happiness is a fun stroll through brain studies throughout history. Over and over again, Gilbert introduces another study that shows you the silliness of your brain. By the end of the book, you will wonder how we have accomplished so much as humans. This is fun read.

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