The New School of Psychology at IDC Herzliya is inviting you to
a SPECIAL SEMINAR
by:

Prof. Kennon Sheldon.

Department of Psychological Sciences, University of Missouri

”Is it possible to become happier, and
if so, how?”

Tuesday, 6 January 2009, at 18:00, Library Hall –S2

Genetic set-point and hedonic adaptation theories suggest that it may be impossible to increase one’s happiness level and then maintain it at the new level. I will consider this question in the light of the Sustainable happiness model, authored by Sonja Lyubomirsky and myself. The model suggests that happiness can be raised and maintained over the set-point, under certain optimal circumstances. I will discuss data supporting this positive thesis, and also discuss new directions in our research program.

* The lecture will be conducted in English and especially suited for students who learn or had learned Positive Psychology.

Due to limited space, please RSVP by phone 09-9602889 or by e-mail sardes.shulli@idc.ac.il