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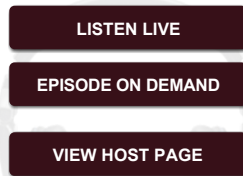
Leadership Development News
Monday 9 AM PT
April 04th 2016:Encore: The How of Happiness

Sonja Lyubomirsky, Ph.D., is a Professor of Psychology at the University of California, Riverside. Her honors include a Faculty of the Year Award, Faculty Mentor of the Year Award, a Templeton Positive Psychology Prize, and a million-dollar grant from National Institute for Mental Health (NIMH) to conduct research on the possibility of permanently increasing happiness. Her book, *The How of Happiness*, was released in January, 2008 by Penguin Press and translated into 17 languages.



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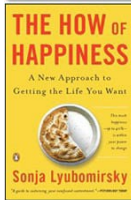
Featured Guest



Sonja Lyubomirsky

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