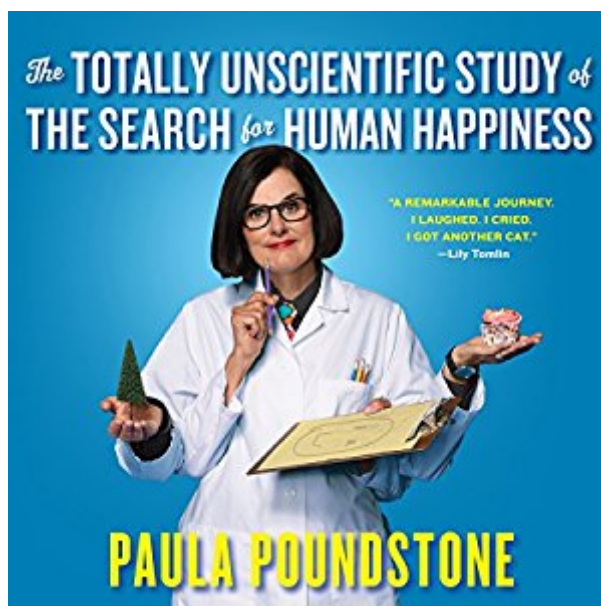


The book was found

# The Totally Unscientific Study Of The Search For Human Happiness



## Synopsis

Is there a secret to happiness? Beloved comedian Paula Poundstone conducts a series of "thoroughly unscientific" 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 tae kwon do. 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.

## Book Information

Audible Audio Edition

Listening Length: 7 hours 34 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HighBridge, a Division of Recorded Books

Audible.com Release Date: May 9, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B072L4BMG9

Best Sellers Rank: #66 in Books > Audible Audiobooks > Humor > Essays #105 in Books > Audible Audiobooks > Biographies & Memoirs > Entertainers & Celebrities #195 in Books > Humor & Entertainment > Humor > Essays

## Customer Reviews

I LOVE Paula Poundstone and rushed to buy this book, but it turns out to be a whole lot more complicated -- and a bit less funny -- than her stand up routines. Her premise gives her a strong start, and she is shatteringly funny about some of the things we do to try to find happiness. But there is also a lot of sorrow and trouble in this book, kind of like in life. Not what I expected, but still a very

good read , and sometimes a moving one.

Paula Poundstone's book is a funny take on self-help manuals. She embarks on many "experiments" in search of happiness. In the process she not only makes the reader laugh at her flawed attempts at seeking joy but reveals her earnest endeavor to step up to the challenge of being a single mom to her three children. I always liked her comedy, but this book gives a delightful glimpse into life.

Paula provides a personal tour of some of the many approaches to living a high quality life. She also provides an interesting view into the dynamics of her family over the last several years.

Not sure what I expected from Paula but what I got was a wonderful story of her efforts to examine the various paths we often take an effort to increase happiness. As she explored each path there was humor and intellectual curiosity constantly apparent. I highly recommend this book and Paula sugar push Poundstone

Any book that I deliberately put down to make it last longer gets 5 stars. Makes sense, right? Paula Poundstone may be my hero. Her search for happiness isn't conducted in a vacuum. She's in the same sad, ridiculous, joyful world I know. And she's sifting this litter box of life and coming up with pretty, shiny and unexpected moments. (I can't imagine what she feeds her cats.)

The Totally Unscientific Study of the Search for Human Happiness I thought this was a great book. It was clever and funny. I didn't expect Paula Poundstone to be this good a writer. A lot of comedians are funny but that doesn't mean they are articulate and Poundstone is. What's more, she doesn't hide behind jokes to draw some real emotion, without being all sappy about it. She has frank, entertaining honesty, all bundled with humor. But the thing I liked most about this book is that around the 2nd chapter (experiment) it takes a turn and I started becoming involved in more than Poundstone's experiments. The book spans 7 years of her life with her children--they grow on--one leaves home, one goes on to college, one becomes an electronics addict. I got involved with this family and what was going to happen. There is so much pathos, and laughter, and charm in this book. The experiments, are funny, and easily identifiable, but there is way more meat here than meets the eye. Bravo bravo to Paula Poundstone for a very funny, unique and entertaining book. I highly recommend it to anyone with a heart or capable of real emotional expression.

I listened to the audio book version, and I have to say it's DELIGHTFUL! There's no one like Paula Poundstone, and I found her narration to be a perfect way to start my day. (I listen to audio books on my long commute.) She's wry, smart, warmhearted and funny. What else do you need?

Paula is a gifted comedic artist. I enjoyed the wit & light reading.

[Download to continue reading...](#)

The Totally Unscientific Study of the Search for Human Happiness The Myth of Race: The Troubling Persistence of an Unscientific Idea You're the Shit: A totally inappropriate self-affirming adult coloring book (Totally Inappropriate Series) F\*ck Cancer: A totally inappropriate self-affirming adult coloring book (Totally Inappropriate Series) (Volume 4) Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word) Word Search: 100 Word Search Puzzles: Volume 3: A Unique Book With 100 Stimulating Word Search Brain Teasers, Each Puzzle Accompanied By A Beautiful ... Relaxation Stress Relief & Art Color Therapy) Word Search For Adult 100 Puzzles Book Volume1: Word Search Book Word Find Puzzles Large Print Game (Word Search Book For Adult 1) Word Search: 100 Word Search Puzzles: Volume 1: A Unique Book With 100 Stimulating Word Search Brain Teasers, Each Puzzle Accompanied By A Beautiful ... Relaxation Stress Relief & Art Color Therapy) Word Search Book Vol.1: 1,000 Verbs for Daily use (Word Search Games Puzzles) (50 Carefully Designed Word Search with Solution to Twist Your Brain Book 1) Word Search: 100 Word Search Puzzles: Volume 2: A Unique Book With 100 Stimulating Word Search Brain Teasers, Each Puzzle Accompanied By A Beautiful ... Relaxation Stress Relief & Art Color Therapy) Magic Search Words-Health: Strategies and Search Tactics to Discover the Best of the Internet (Magic Search Words) Nursing: Human Science And Human Care (Watson, Nursing: Human Science and Human Care) The Search for El Dorado (Totally True Adventures): Is the City of Gold a Real Place? Abundance by Design: Discover Your Unique Code for Health, Wealth and Happiness with Human Design (Life by Human Design Book 1) Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement,Increasing Self-Esteem,& Gaining Positive Energy,Motivation,Forgiveness,Happiness ... Happiness, Change Your Life Book 1) Finding True Happiness: Satisfying Our Restless Hearts (Happiness, Suffering, and Transcendence-Book 1) Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace)

An Unlikely Strength: Tourette Syndrome and the Search for Happiness in 60 Voices Human Caring  
Science: A Theory of Nursing (Watson, Nursing: Human Science and Human Care)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)