



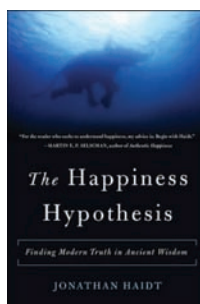
To be happy, get three relationships right: between yourself... and others, your work, and something larger than yourself.

Jonathan Haidt

□ *Leading authority on happiness and moral decision making.* □

Valuable lessons on leadership and workplace satisfaction based on human nature. Extraordinary insights into what makes us happy and why it's so hard to change; turning weaknesses into strengths. Mutual understanding across the moral gaps that define today's culture wars. Author, *The Happiness Hypothesis*.

Associate Professor of Psychology, University of Virginia.



Ahead of the Curve

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Highlights

Jonathan Haidt (pronounced “height”) is one of the world’s foremost authorities on positive psychology (the scientific study of human flourishing) and moral psychology (the study of why people care so much about right and wrong, and sometimes choose to do wrong).

To **business audiences**, he brings valuable **lessons on leadership and workplace satisfaction**—what energizes people at work, why virtue is crucial to good leadership, and how to increase people’s commitment to a cause and to each other.

He offers **general audiences** extraordinary insights into **what makes us happy**, why it’s so hard to change ourselves, and why love so rarely lasts, with specific advice on how to turn our weaknesses into strengths.

For audiences especially interested in **politics, culture and public issues**, he **builds bridges** across chasms of moralistic misunderstanding and inspires audiences to find wisdom in the ideas of their opponents, explaining the different virtues that liberals and conservatives, atheists and believers each pursue.

An Associate Professor of Psychology at the University of Virginia, Jonathan Haidt was a Research Fellow at the University of California Santa Barbara until the end of 2008. He is the author of *The Happiness Hypothesis: Finding modern truth in ancient wisdom*, a widely-acclaimed book about how to **construct a life of virtue, happiness, fulfillment and meaning**.

A superb public speaker, Jonathan Haidt has received four awards for his teaching.

Powerful moments of elevation sometimes seem to push a mental “reset button,” wiping out feelings of cynicism and replacing them with feelings of hope, love, and optimism, and a sense of moral inspiration.

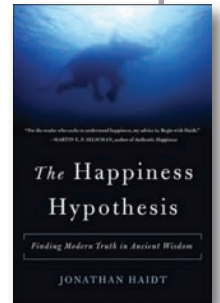
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The Happiness Hypothesis

In *The Happiness Hypothesis*, Jonathan Haidt examines *why* such ancient ideas as the golden rule, the value of adversity and the benefits of virtue hold up so well and *how* to apply them to your life, based on the latest scientific research. (See www.happinesshypothesis.com for summaries of the ten great truths about how the mind works.)

“Riveting... humane, witty and comforting... brilliantly synthesising ancient cultural insights with modern psychology, and even holding out some faint hope that your happiness, if not your tallness, might be marginally adjustable after all.”

~ *The Times* of London



• Credentials

- Associate Professor of Psychology, University of Virginia
- Former Research Fellow, UC Santa Barbara
- Author of *The Happiness Hypothesis* and co-editor of *Flourishing: Positive psychology and the life well lived*
- Fulbright scholarship to India, 1993, to study morality and culture
- Templeton Prize in Positive Psychology, grand prize winner, 2001
- Articles on moral psychology published in the top scientific journals, including *Science* and *Psychological Review*
- Winner of several teaching awards