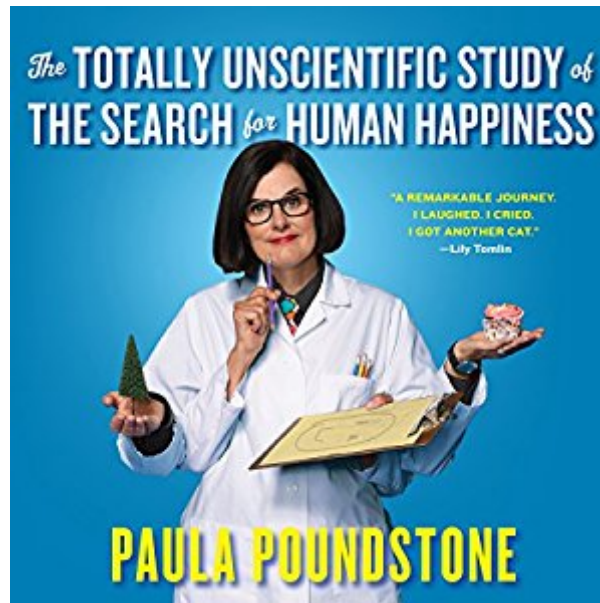




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# The Totally Unscientific Study Of The Search For Human Happiness



## 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

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## 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.

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