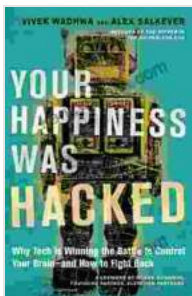


Your Happiness Was Hacked

Uncover the Hidden Forces Controlling Your Mood and Break Free

Are you feeling down, anxious, or stressed? You're not alone. In *Your Happiness Was Hacked*, bestselling author Vivek Kumar reveals the hidden forces that are controlling your mood and shows you how to break free and achieve lasting happiness.

In this groundbreaking book, Kumar argues that our happiness is being hacked by a variety of factors, including:



Your Happiness Was Hacked: Why Tech Is Winning the Battle to Control Your Brain—and How to Fight Back

by Vivek Wadhwa

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3234 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 256 pages
Lending	: Enabled



- **The media:** The constant bombardment of negative news and images can take a toll on our mental health.

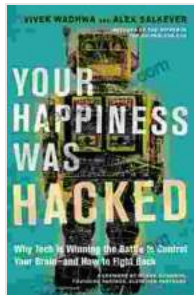
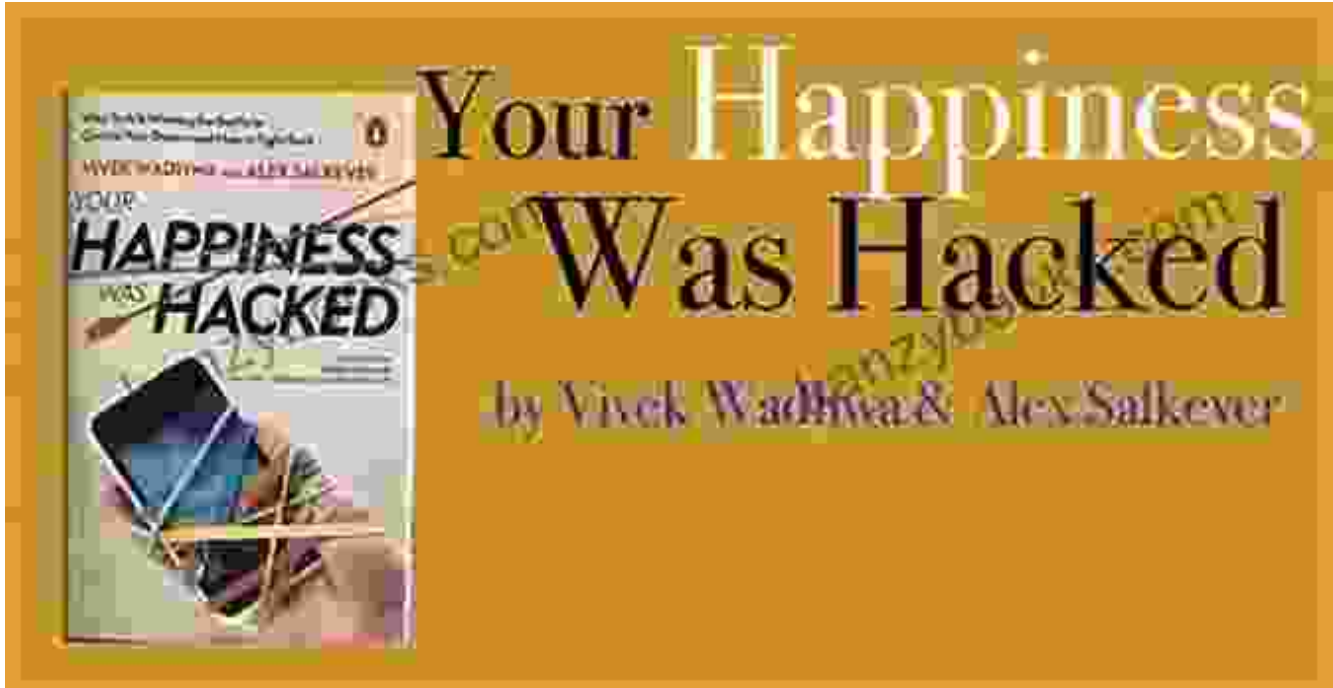
- **Social media:** The endless stream of curated content can make us feel inadequate and compare ourselves to others.
- **Technology:** The constant use of our devices can lead to isolation and loneliness.
- **Our thoughts and beliefs:** The way we think about ourselves and the world can have a profound impact on our happiness.

Kumar provides a wealth of practical advice for breaking free from the forces that are hacking our happiness, including:

- **Limiting your exposure to negative media**
- **Using social media in a positive way**
- **Taking breaks from technology**
- **Challenging your negative thoughts and beliefs**
- **Practicing gratitude and mindfulness**

Your Happiness Was Hacked is an essential read for anyone who wants to live a happier and more fulfilling life. Kumar provides a clear and concise overview of the forces that are hacking our happiness, and he offers a wealth of practical advice for breaking free from these forces and achieving lasting happiness.

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