

Books

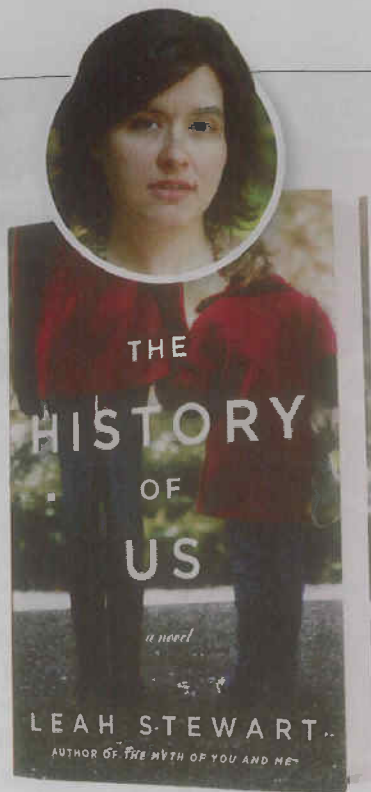
The History of Us

by Leah Stewart | ★★★

REVIEWED BY HELEN ROGAN

NOVEL

At 28, Eloise Hempel unwillingly dumps her career to move home and take care of her sister's three orphaned young children. Seventeen years later, when this touching drama plays out, they're still together in their Cincinnati mansion, but everyone's miserable. The tragedy that forged their bond has kept them too close, creating an atmosphere thick with secrets and frustration. Faced with urgent choices, Eloise and the grown kids react with varying degrees of wisdom and pigheadedness, but as Stewart tenderly demonstrates, they remain—for better or worse—a family.



I'LL BE HAPPY WHEN...

No matter how you'd finish that sentence, says University of California psychology professor Sonja Lyubomirsky, you'd probably be wrong. Her new book *The Myths of Happiness* explains why.

WHAT ARE THE MYTHS? People think they'll be happy when they find Mr. Right, have kids, get that promotion. Research shows the big life achievements won't make you happy for as long or as intensely as you think.

WHY NOT?

Hedonic adaptation: human beings' remarkable ability to get used to things. The thrill fades.

SO WE SHOULDN'T DREAM BIG? The problem is that when we no longer experience those jumping up and down feelings, we think something is wrong. People jettison perfectly good relationships or jobs for the thrill of the new.

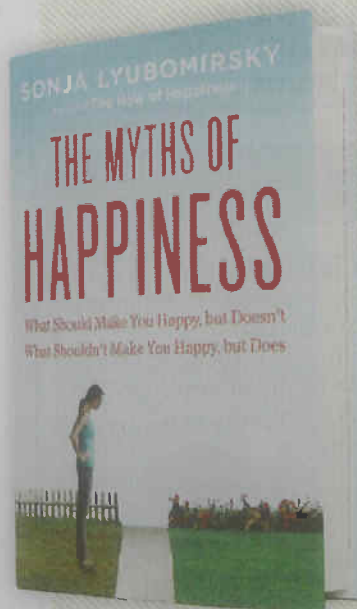
DOES MONEY MAKE PEOPLE HAPPY?

It does, but after your basic needs are satisfied, it's a small effect. It makes you happiest when it prevents you from being miserable.

WHAT SOURCES OF JOY DO WE OVERLOOK?

Relationships—not just romantic ones. Learning and challenging yourself. Contributing to the community. *Not* that new, big-screen TV.

—DANIEL S. LEVY



COMMENTS? WRITE TO KIM HUBBARD: bookseditor@peoplenag.com

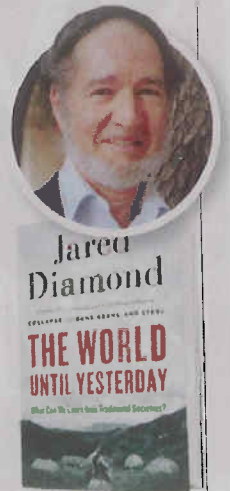
The World Until Yesterday

by Jared Diamond | ★★★

REVIEWED BY JOSH EMMONS

NON-FICTION

Twentythousand years ago, if our ancestors met a stranger, they tended to run away or try to kill them. As a species, you could say, we've come a long way. But Diamond argues here that the march of time hasn't always led to progress and that traditional societies can teach us interesting lessons about everything from child rearing to care for the elderly. *World* isn't as compelling as the author's *Guns, Germs, and Steel*, but it makes a strong case for revisiting practices we've abandoned in the name of modernity. It turns out we have much to learn from ourselves.



FROM OUR STAFF

SMART CHEFS STAY SLIM

by Allison Adato

The tools of their trade include butter and foie gras—so how do pros like Eric Ripert and Cat



Cora keep themselves in fighting trim? PEOPLE senior editor Adato's book, now out in paperback, shares their secrets and recipes.

INSETS, FROM TOP: CAROLYN EBBETT; UOLA; GEOGRAPHY DEPARTMENT; DANA PATRICK