The ATA Advisor Book Club (ABC)

Join us for the first session of the ATA Advisor Book Club where we will discuss the book “Happier” by Tal Ben-Shahar.

We are all tasked with inspiring students to succeed but who or what inspires YOU? Drawing on the concepts and practices of Positive Psychology, this book seeks to explain “happiness,” and how we, as professionals and individuals, can maximize our experience in the workplace, in education, and in our relationships. Our discussion will focus on the personal use of Positive Psychology, but will touch on applications for use in advising students as well!

ABC Discussion of “Happier”

will be at the November 21 “Lunch and Learn,”

Noon-1:30pm, UGL Community Room (3rd floor).

Copies of the book can be picked up in the University Advising Center,

1600 Undergraduate Library

Email Kate Bernas (ab9599@wayne.edu) to request a copy.