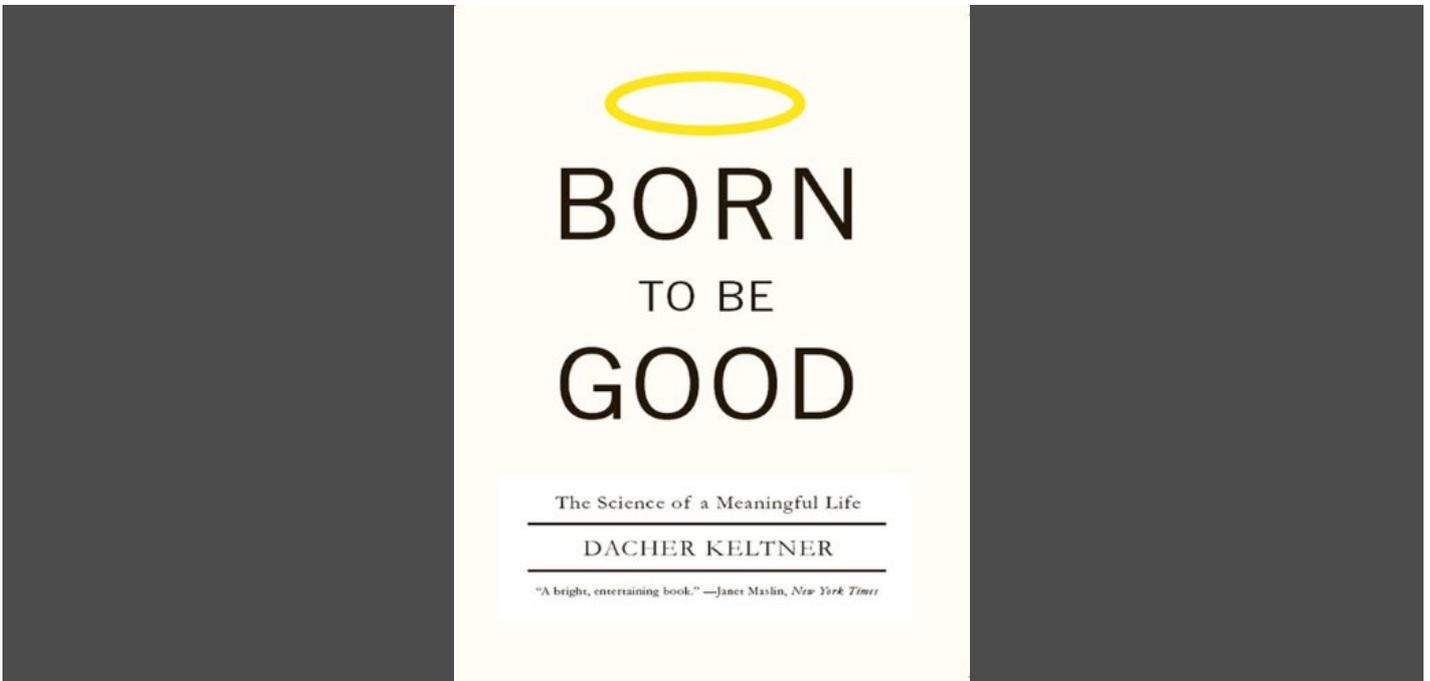


PDF | Born to Be Good: The Science
of a Meaningful Life

by Dacher Keltner



[Try Audible and Get Two Free Audiobooks](#)

“A fact-filled, fun, and enlightened peek into our minds and hearts.” —Daniel Goleman, author of *Emotional Intelligence*

In this startling study of human emotion, Dacher Keltner investigates an unanswered question of human evolution: If humans are hardwired to lead lives that are "nasty, brutish, and short," why have we evolved with positive emotions like gratitude, amusement, awe, and compassion that promote ethical action and cooperative societies? Illustrated with more than fifty photographs of human emotions, *Born to Be Good* takes us on a journey through scientific discovery, personal narrative, and Eastern philosophy. Positive emotions, Keltner finds, lie at the core of human nature and shape our everyday behavior—and they just may be the key to understanding how we can live our lives better.

Some images in this ebook are not displayed owing to permissions issues.

Product Description

“A fact-filled, fun, and enlightened peek into our minds and hearts.” —Daniel Goleman, author of *Emotional Intelligence*

In this startling study of human emotion, Dacher Keltner investigates an unanswered question of human evolution: If humans are hardwired to lead lives that are "nasty,

brutish, and short," why have we evolved with positive emotions like gratitude, amusement, awe, and compassion that promote ethical action and cooperative societies? Illustrated with more than fifty photographs of human emotions, *Born to Be Good* takes us on a journey through scientific discovery, personal narrative, and Eastern philosophy. Positive emotions, Keltner finds, lie at the core of human nature and shape our everyday behavior—and they just may be the key to understanding how we can live our lives better.

Some images in this ebook are not displayed owing to permissions issues.



[Try Audible and Get Two Free Audiobooks](#)