



Breaking the Spell: The Truth about Money, Success, and the Pursuit of Happiness

By Debbie LaChusa

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Research tells us money can't buy happiness. Numerous happiness studies have concluded that once basic needs are met, more money does not make people happier. Yet, it's the American way to climb the corporate ladder, *Keep up with the Joneses*, and strive for more money, more success, and all the status symbols that tell the world *you've made it*.

However, many successful and wealthy people report that even after *getting it all* they still feel something is missing. Celebrities and athletes who have achieved fame and fortune often fall victim to drugs, alcohol, and even suicide, suggesting they're still searching for something... they're still not happy.

Breaking The Spell takes a look at why, despite all of the research, so many people continue to pursue happiness in the form of money, success, and achievement. It investigates the influence of the following factors and makes a compelling case for changing our priorities and how we live our lives if we truly want to be happy:

- Our educational system
- Youth sports
- Professional sports
- Hollywood
- Self help industry
- Social media and the Internet
- Reality television
- Advertising
- Generational trends
- Personality type
- Addiction
- And even how we define success

Breaking the Spell strives to help us understand why, as a society, we have become so spellbound by the pursuit of happiness, success, and financial security, so that we may break the spell and finally be happy.

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