



# The Conquest of Happiness

*By Bertrand Russell*

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**"My purpose is to suggest a cure for the ordinary day-to-day unhappiness from which most people in civilized countries suffer, and which is all the more unbearable because, having no obvious external cause, appears inescapable."**

Russell held progressive, often controversial views on social issues, including sexuality. Vigorously opposed to conventional or religious morality, he sets forth here a rationalist approach to achieving a happy life.

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### Editorial Review

#### Review

“Excellent. . . . Sane and forthright; should be read by every parent, teacher, minister, and Congressman in the land.” (Atlantic Monthly)

#### About the Author

Bertrand Russell (1872-1970) was born in England and educated at Trinity College, Cambridge. His long career established him as one of the most influential philosophers, mathematicians, and social reformers of the twentieth century.

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