

A Stanford scientist says we're all suffering from 'successaholism' — and it needs to stop

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Business Insider:

In her new book, “The Happiness Track,” Emma Seppala explains why happiness often paves the way for professional success.

Unfortunately, she says, many workers have it backward, thinking that they need to be successful before they can ever be happy.

That logic results in what she calls a fruitless “chase” for one achievement after another, thinking that the next one will finally make them happy.

Call it workaholism or “successaholism” — Seppala, the science director for Stanford University’s Center for Altruism and Compassion Research and Education, says it’s a problematic cycle because it eventually leads to burnout and *worse* job performance.

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