Daniel Gilbert: stumbling on happiness. Description 1. What was the central premise of the book? 2. Briefly summarize each chapter or section of the book. How does each chapter contribute to the overall theme of the book? 3. Choose at least one specific study from the book and explain, in your own words, the details of the study (hypothesis, method, and results) and how the study was relevant to the author’s point. Note that this section of your paper must describe a scientific study detailed in the book. A description of an anecdote or personal example does not count. For example, you could detail a study of the effects of an intervention to improve student’s grades, but you could not describe the author’s personal experience with trying to improve her own grades. 4. What is at least one lesson from the book that you feel you could apply in your own life? 5. What is at least one thing from the book that you believe everyone would benefit from learning?