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IDC HERZLIYA | School of Psychology

MAYTIV Center for Research and Practice in Positive Psychology



Dr. Tal Ben Shahar

Founder

Tal Ben-Shahar is a world-renowned expert on the subject of happiness. He taught a course in positive psychology at Harvard University in the US that became the university's most popular course. Upon returning to Israel, Tal joined Reichman University as a lecturer and researcher.

Tal is a lecturer and consultant around the world on topics including leadership, education, ethics, happiness, self-esteem, resilience, goal-setting, and mindfulness. He has written several books on positive psychology. One of them — "Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment" (2007) — has been translated into more than 25 languages and became an international bestseller.

In recent years, Tal has co-written, together with author Shirley Yuval Yair, several children's books dealing with positive psychology through telling the life stories of famous figures such as Helen Keller and Thomas Edison.

As an ambitious athlete, Tal won a U.S. intercollegiate championship and Israel's national championship in squash. He holds a bachelor's degree (BA) in psychology and philosophy, and a doctorate (Ph.D.) in organizational behavior, both from Harvard University in the US.