

THE INTERNATIONAL BESTSELLER

Solve for Happy

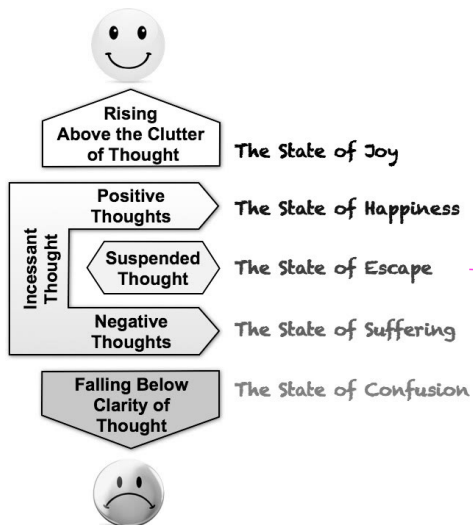


Engineer your
path to joy

Mo Gawdat

Former Chief Business Officer, **Google [X]**



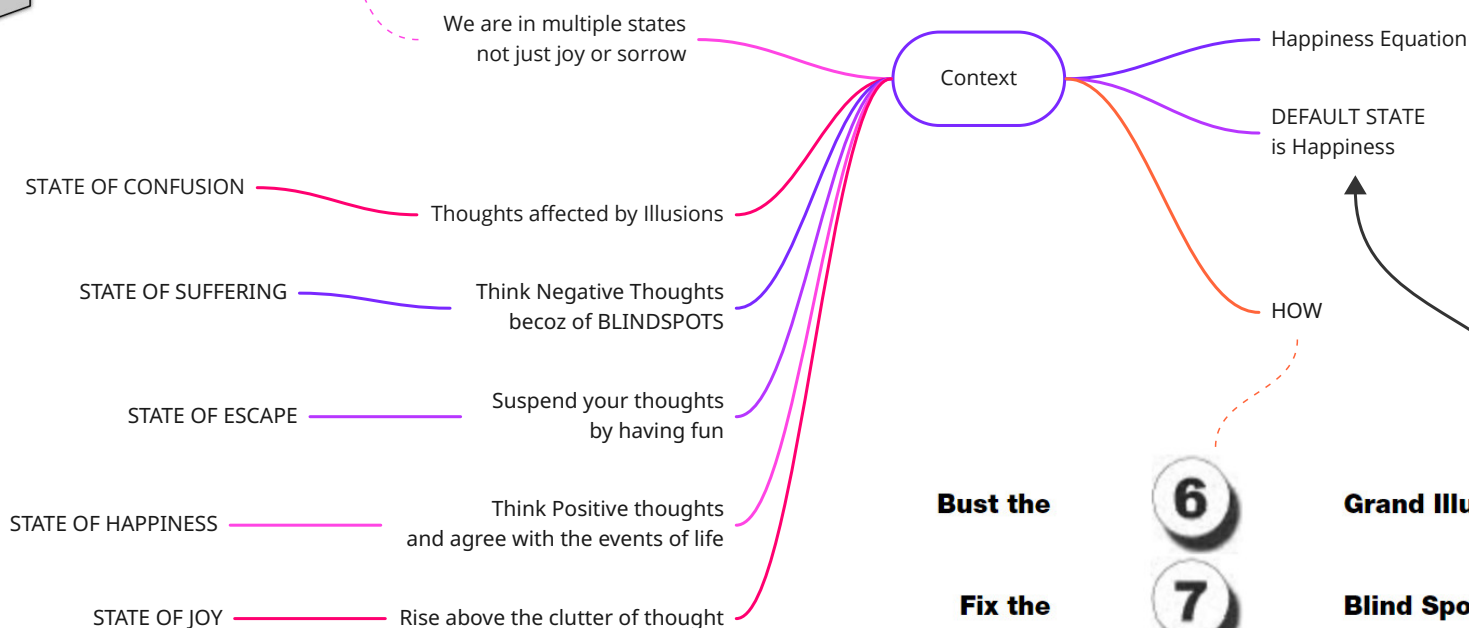
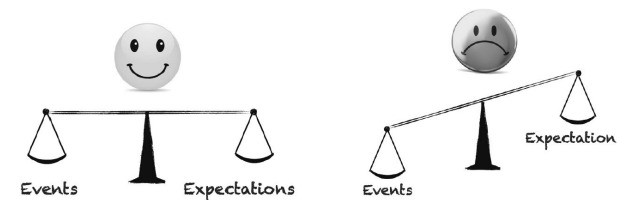


Happy List
hack

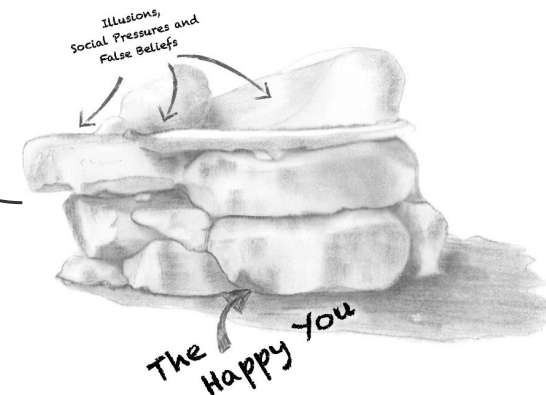


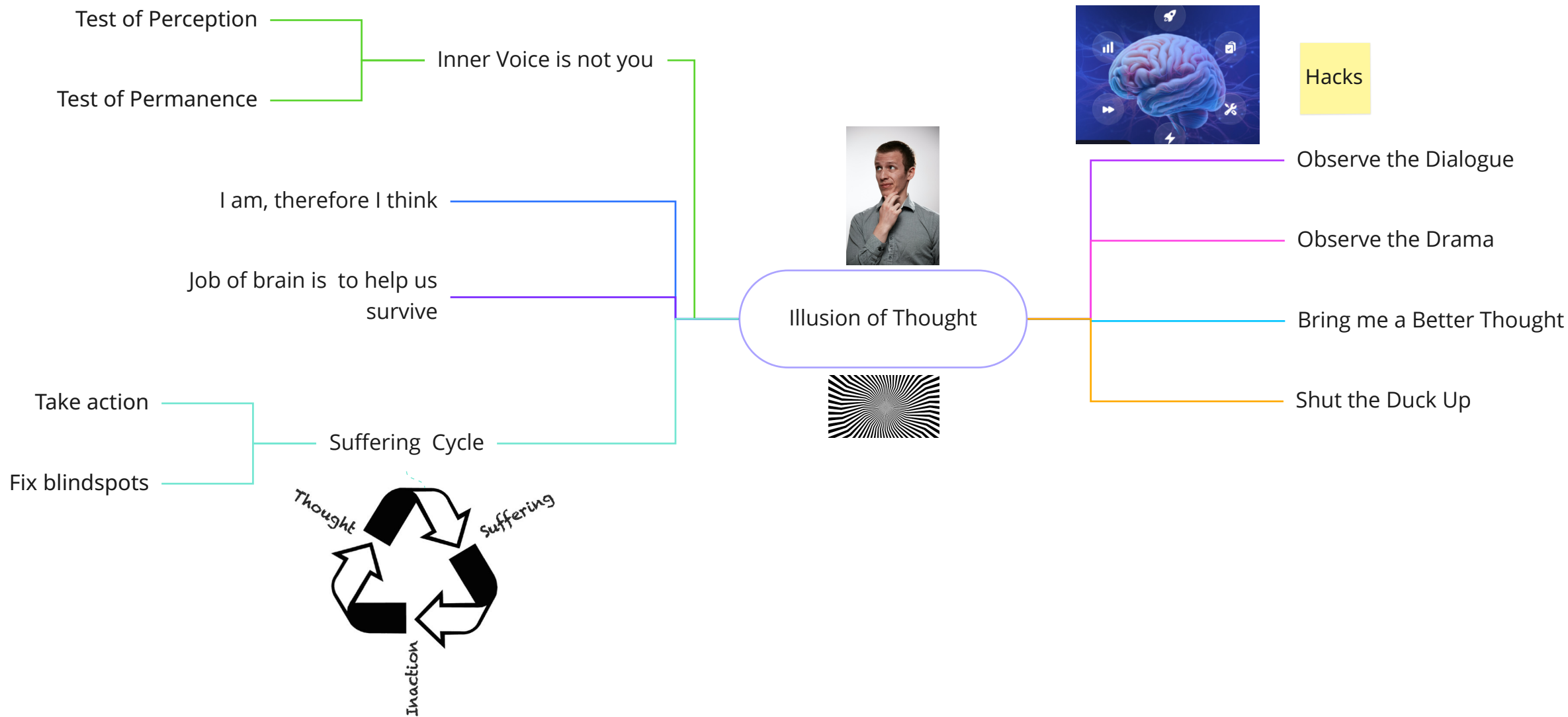
The gravity of the battle meaning nothing to those at Peace

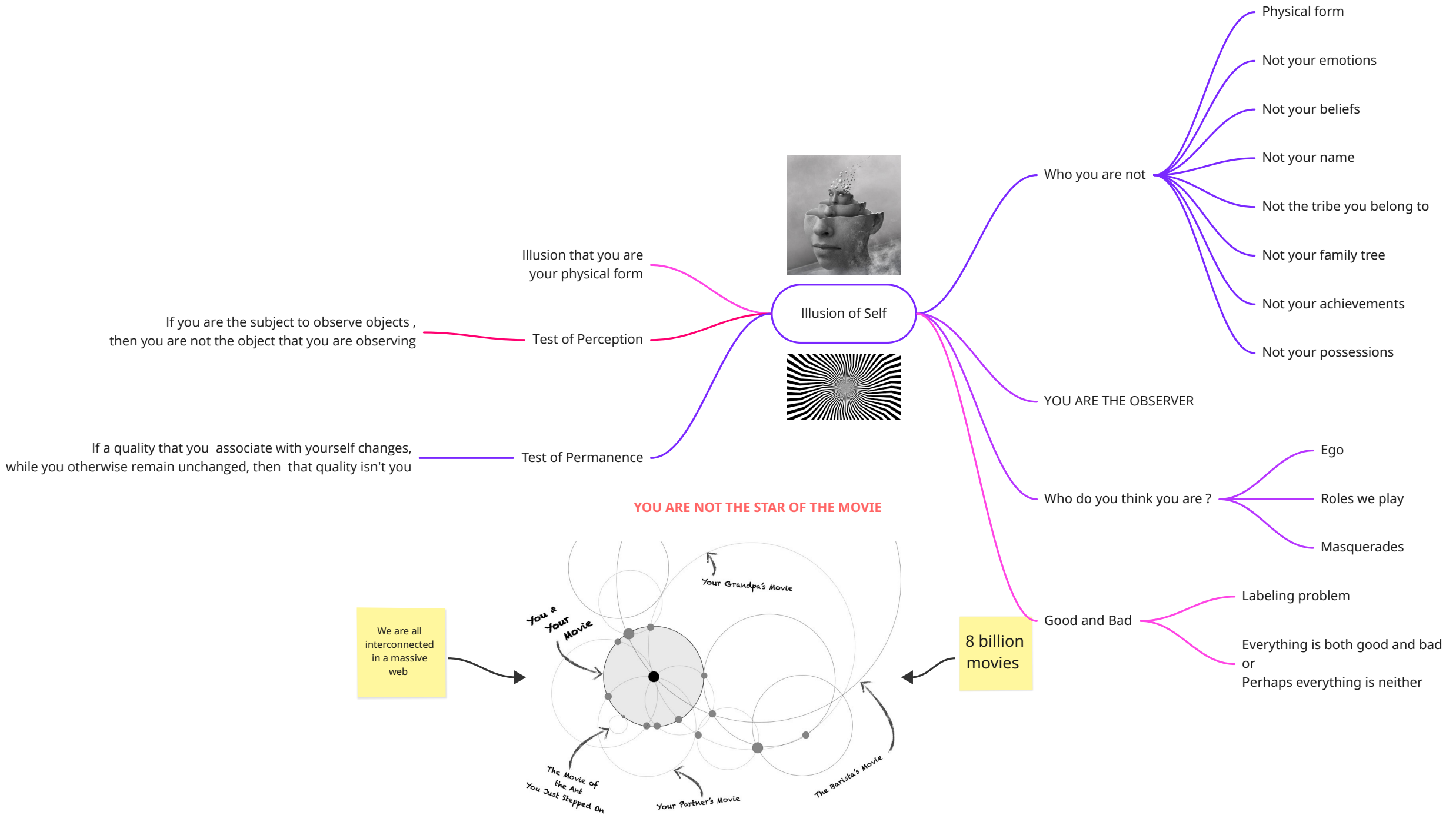
$$\text{Happiness} \geq \frac{\text{Your perception of the Events of your life}}{\text{Your Expectations of how life should behave}}$$

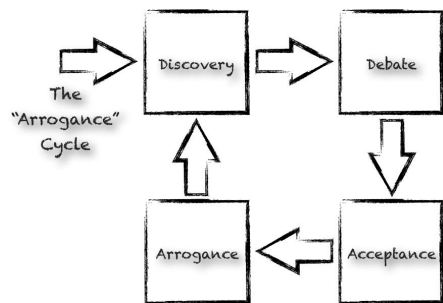


6
7
5









Real Knowledge is to know the extent of one's ignorance

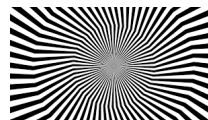
Our Own senses are limiting

Our words are crippling

What's missing

Strongly supported by the illusion of self

Illusion of Knowledge

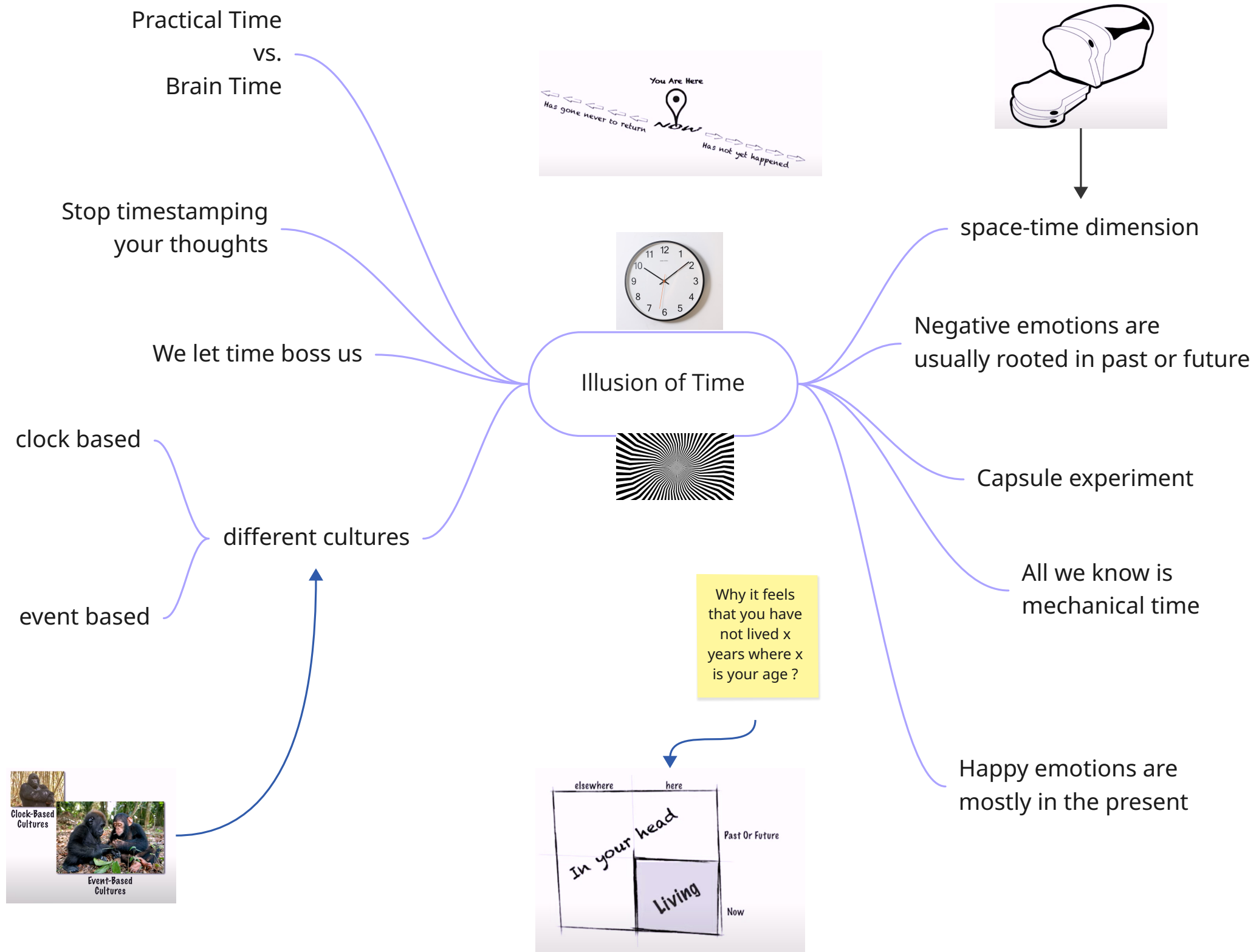


Life gives you nudges

Eraser Test

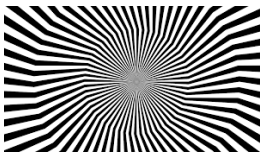
Will you erase a particular painful event in your life ?

Knowledge not a pre-requisite for happiness





Illusion of Control



Life is full of Black swans

Span of Control

Your action

Your attitude

Concentration
Camp

Life is Beautiful

Dalai Lama

Take action first

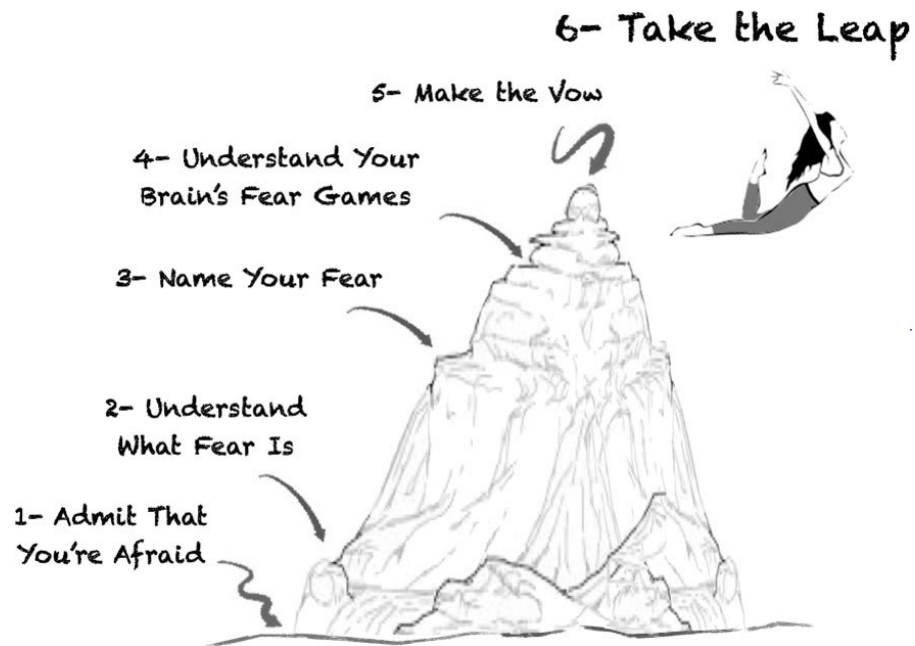
Release the need for
control

Detachment

Committed Acceptance

Tim vs Tom Story

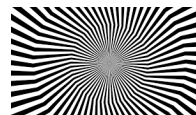
Attitude matters



How to get rid of it ?



Illusion of Fear



Thought experiment

What's the worst that can happen ?

So What ?

How likely is it ?

Is there anything I can do to prevent this scenario ?

Can I recover ?

What will happen if I do nothing ?

What's the best case scenario ?

Learn to die before you die
It is time to face your fears

Is it
True?



Filters



Assumptions



Predictions



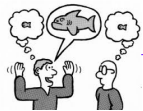
Memories



Labels



Emotions



Exaggeration



Seven Blind Spots



Negativity

We are
grumpy

Think more negative

Greater weight to negative thoughts
when we make decisions

Dedicate more of our
brain resources to negative information

Remember negative traits
more easily

Recall negatives more often

More respect to
those who are negative

