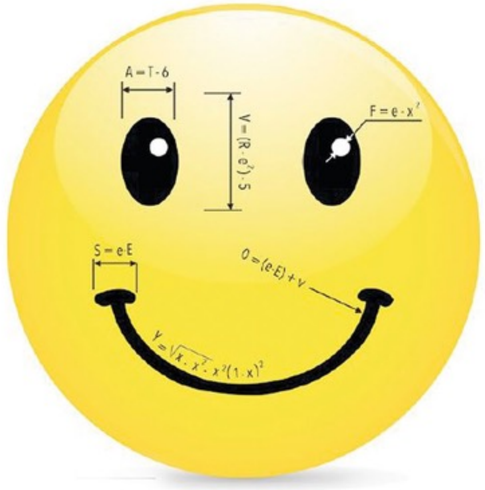
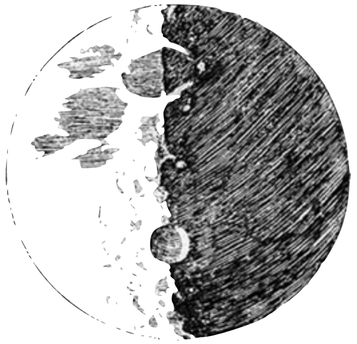
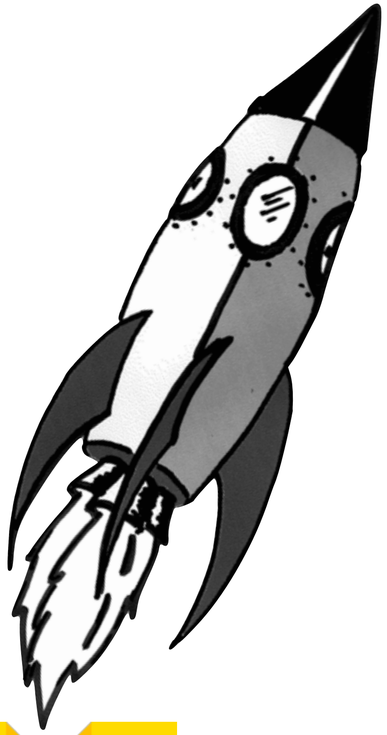
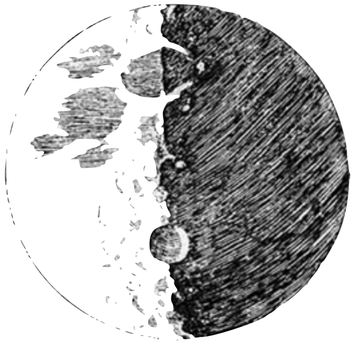
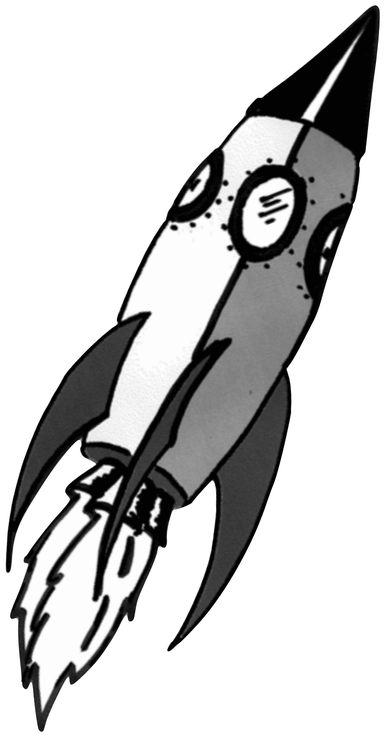


Solve for Happy









ROLLS ROYCE

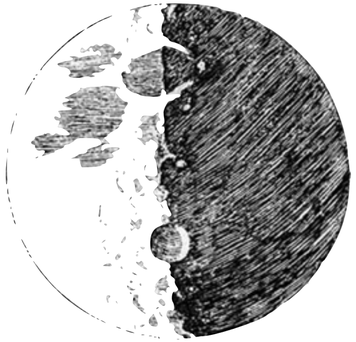
Ferrari

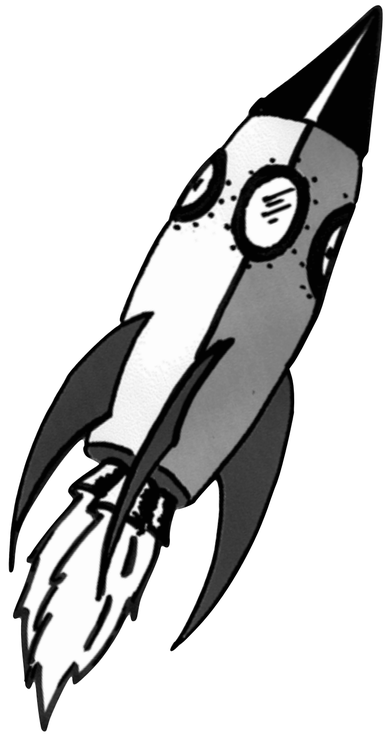
Google

BENTLEY

Microsoft

IBM





BENTLEY

Ferrari

ROLLS ROYCE

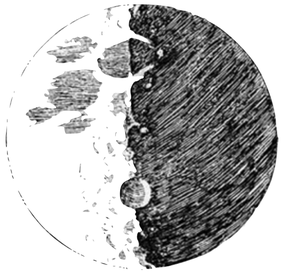
Microsoft

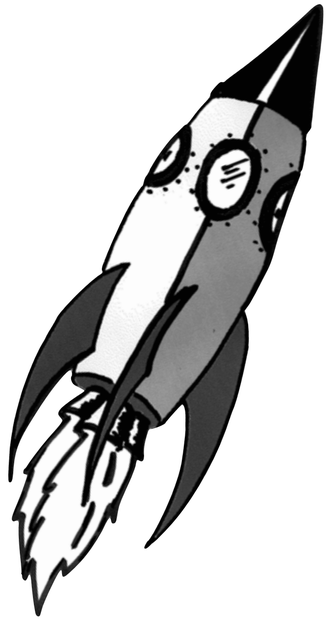
IBM

Google

Happiness

Living Standards, Success, Things





BENTLEY

Ferrari

ROLLS ROYCE

Microsoft

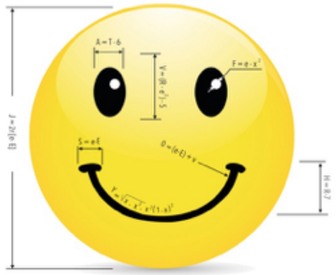
IBM

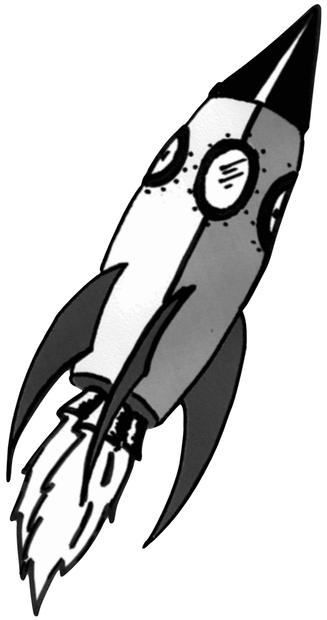
Google

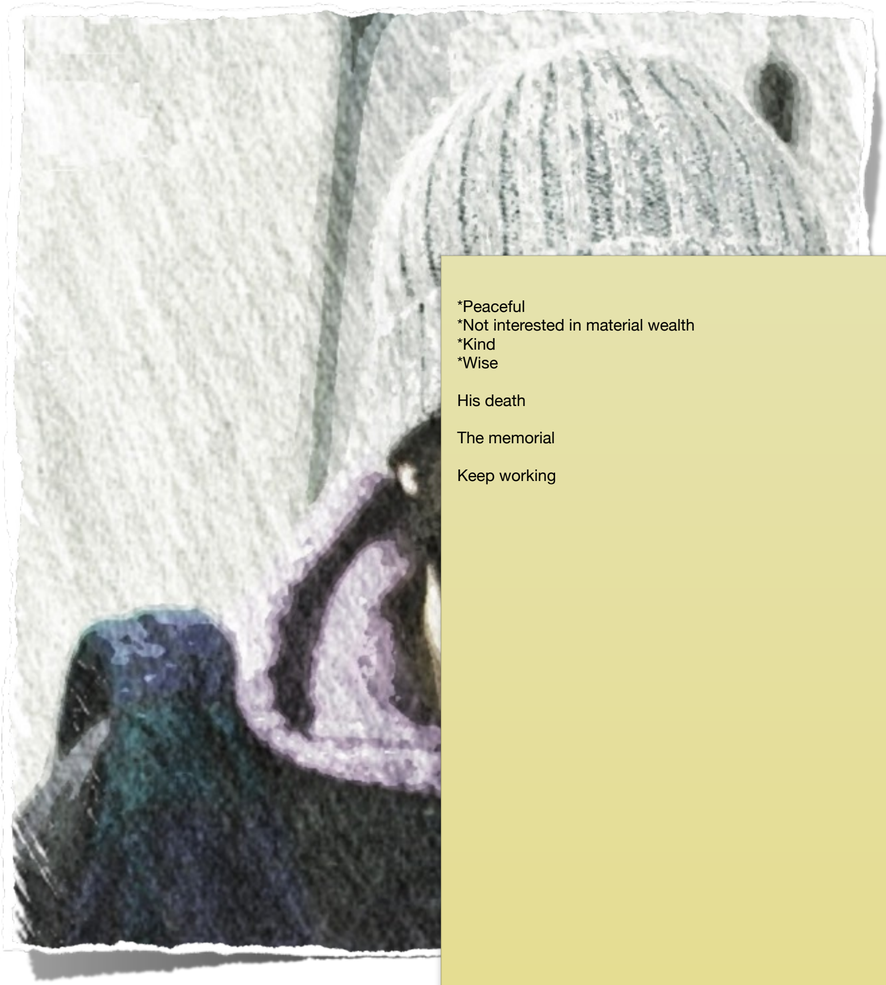
Happiness

Living Standards, Success, Things

+







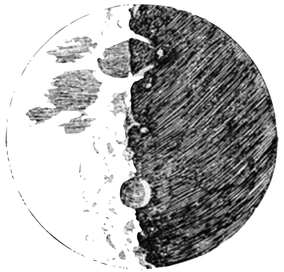
*Peaceful
*Not interested in material wealth
*Kind
*Wise

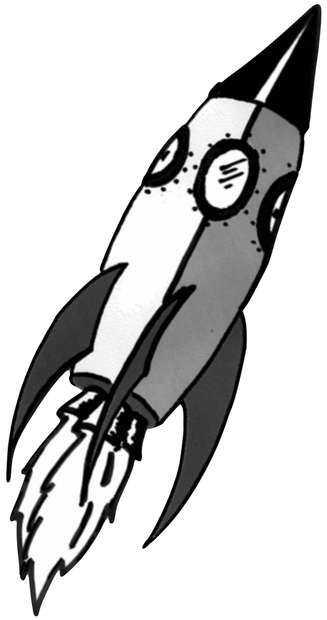
His death

The memorial

Keep working

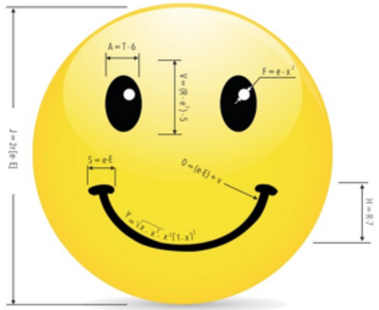
The Gravity Of T
Nothing To T





Solve for Happy

ENGINEER YOUR PATH TO JOY



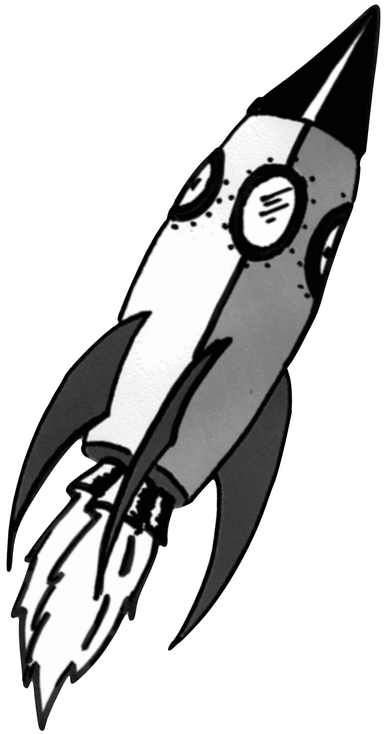
Mo Gawdat

CHIEF BUSINESS OFFICER, GOOGLE [X]

Aiming To Launch Internationally in March 2017
... And To Launch In Korea With Hankyung Soon After

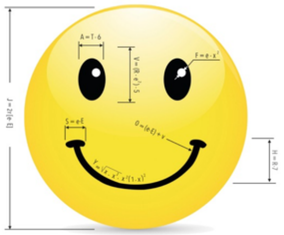
Rocket Fuel

#SolveForHappy



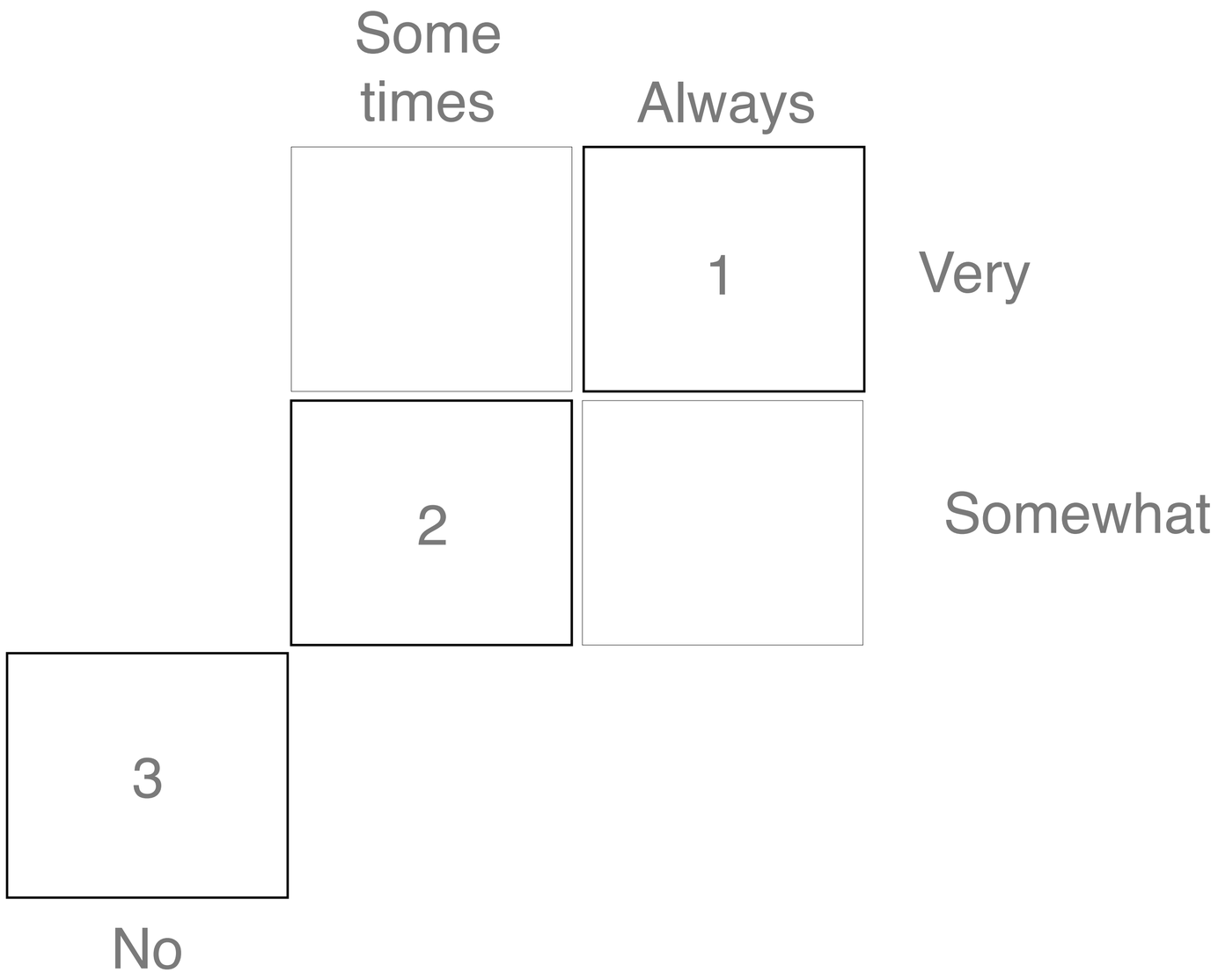
The Moonshot Mission

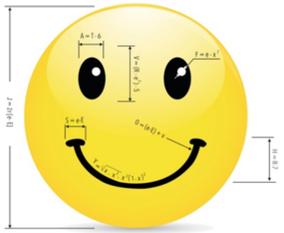
#10MillionHappy



Are You Happy?

Are You Happy?



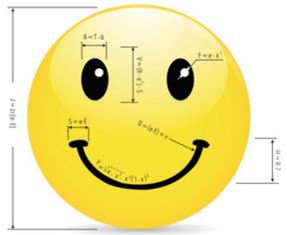


Why is Happiness So Hard To Find?

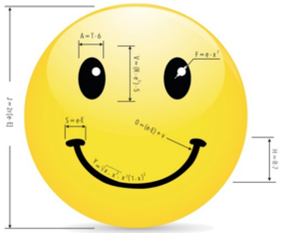
We Are All Born Happy!

Happiness Is Our Default State

Reset

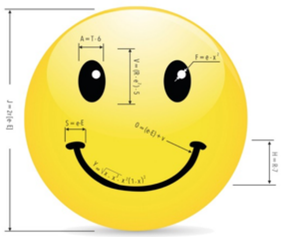


What is Happiness?



Your Happy List

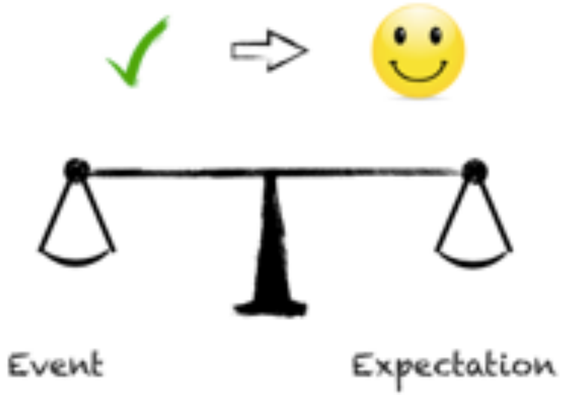
I feel happy when ..

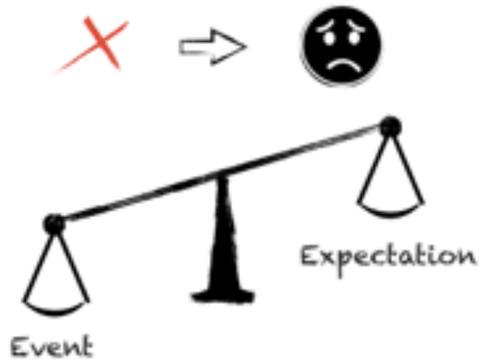


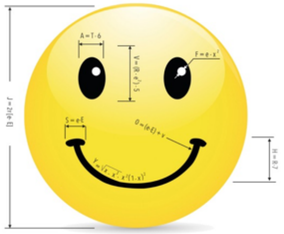
What is Common Amongst All Your Happy Moments??

The Happiness Equation

Happiness ≥ The Events of your life − Your Expectations of how life should behave







The Blank Brain Test

Think Of Something That Makes You Unhappy

C E V L A

A R C I E L

N A I M

VANILLA

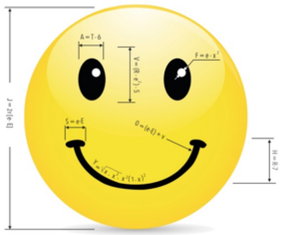
ICE CREAM

It’s The Thought
That Makes Us Unhappy

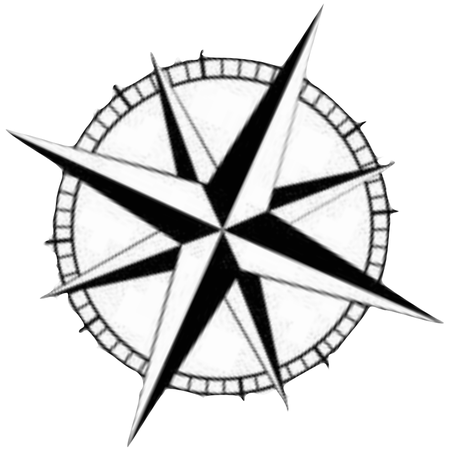
Suffering

Pain

Suffering Is a Choice



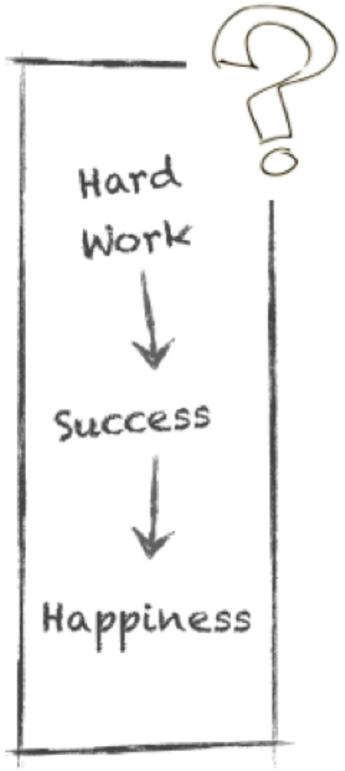
Why Do We Choose To Suffer?



Because We’re Trained To

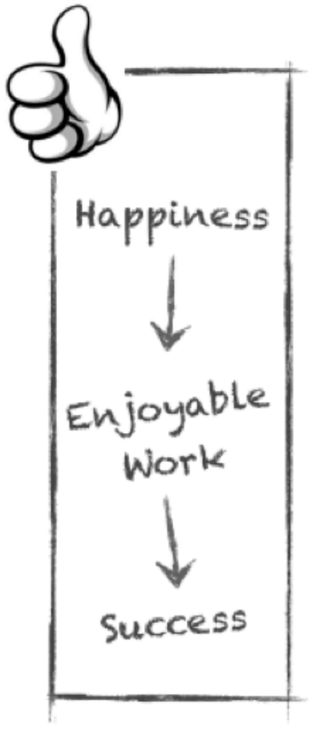
What Your Parents Taught You

$$\text{Success}_{\text{As measured in Wealth \& Power}} = \sum_{\text{Long Time}} \frac{\text{Skills \& Talents} \times \text{Hard Work}}{\text{Happiness}}$$



What They Should Have Taught You

$$\text{Happiness} = \sum_{\text{All The Time}} \text{Your Natural Talents} \times \text{Enjoyable Work} \longrightarrow \text{Success}$$

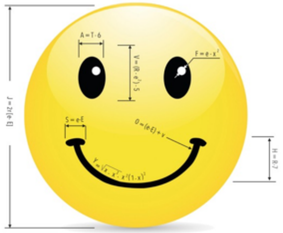


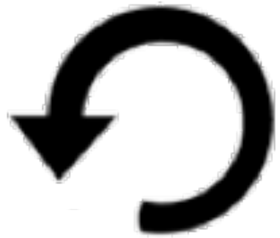
Solving $A=B+C$

is different than solving $B=A-C$

We Should Directly

Solve For Happy

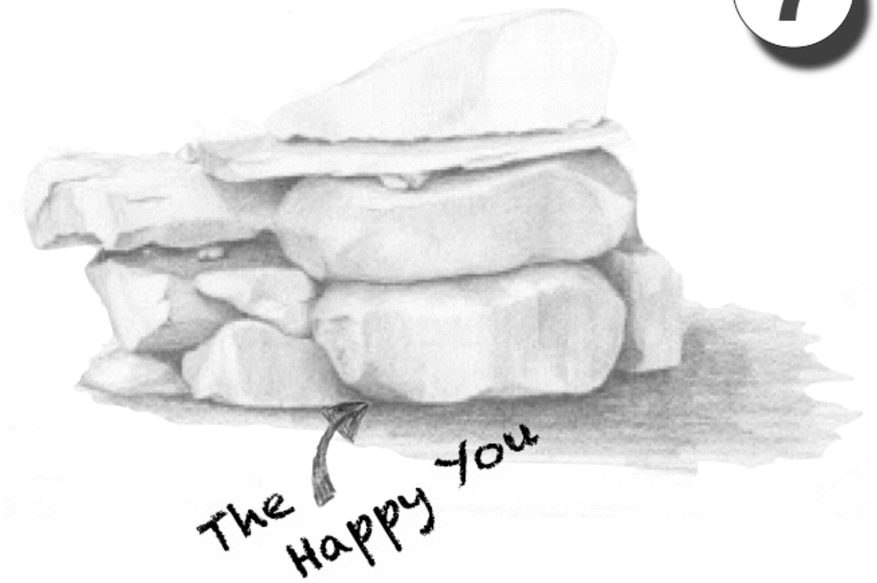




How Can You Reset Yourself to Your Default Happy State?

6 Grand Illusions

7 Blind Spots



6 Grand Illusions

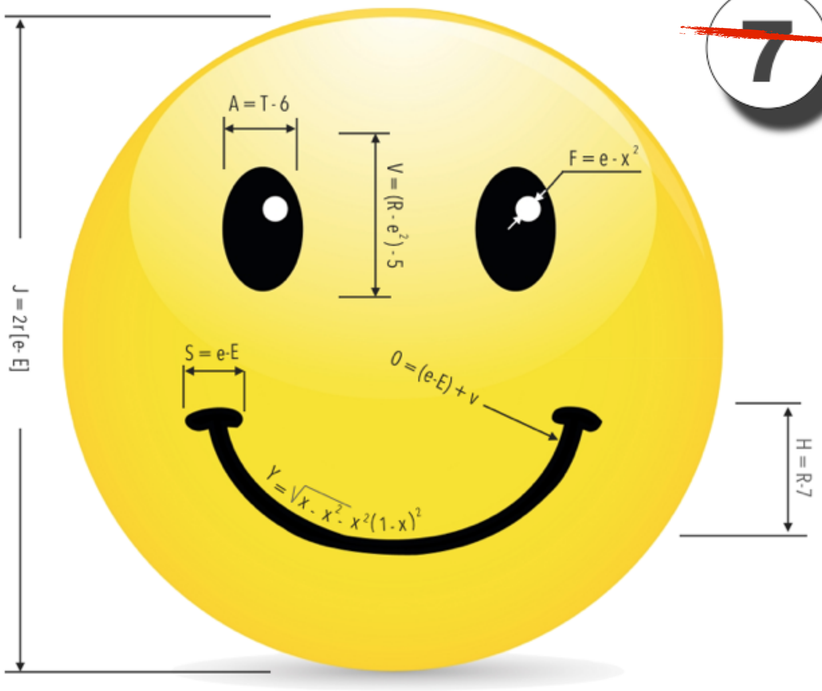
- Thought
- Self
- Knowledge
- Time
- Control
- Fear

7 Brain Blind Spots

- Filters
- Assumptions
- Memories
- Predictions
- Labels
- Emotions
- Exaggerations

6 ~~Grand Illusions~~

7 ~~Blind Spots~~



5 Ultimate Truths

5 Ultimate Truths

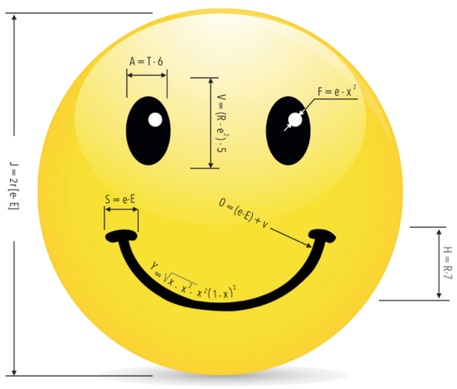
- Now
- Change
- Love
- Death
- Design

The Happiness Model

6 **Grand Illusions**

7 **Blind Spots**

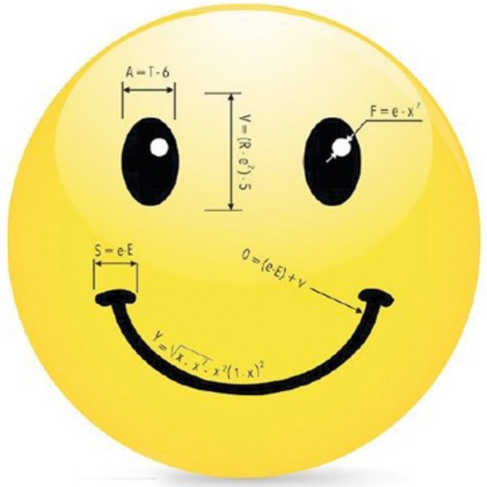
5 **Ultimate Truths**



Watch The Stanford University Lectures

solveforhappy.com
Facebook.com/solveforhappy
Mo@solveforhappy.com

Preorder Solve For Happy on Amazon or Google Play Books



Solve for Happy