

Solve for Happy



Mo Gawdat
solveforhappy



Mgawdat



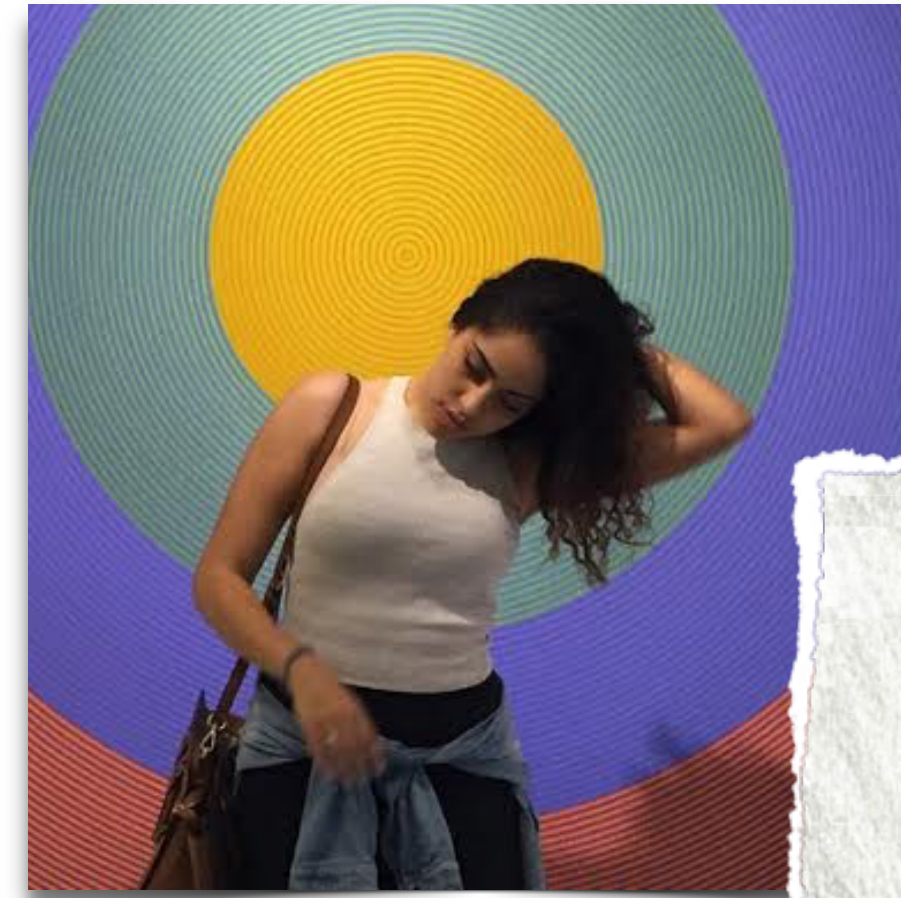
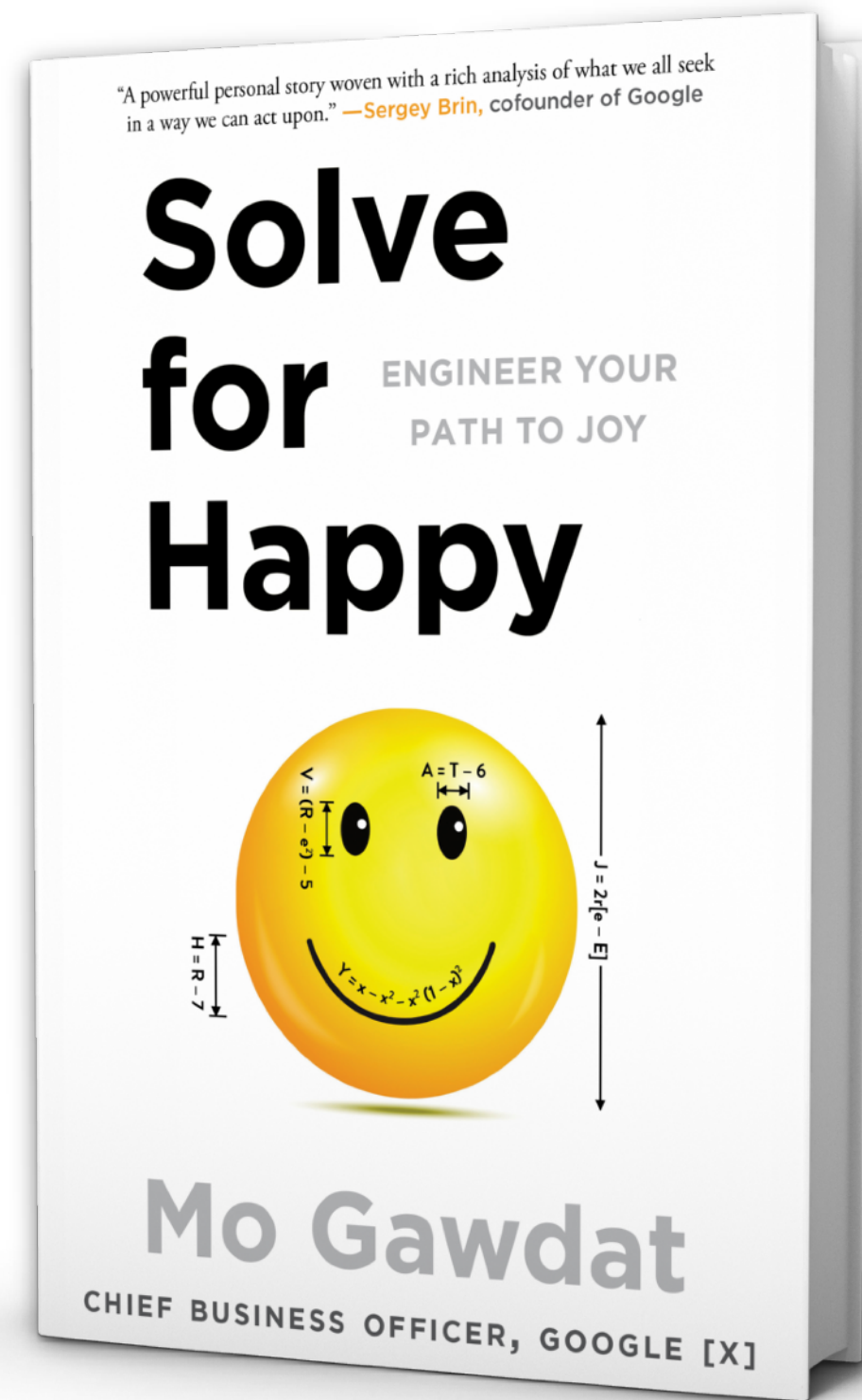
solve.for.happy



Mo Gawdat

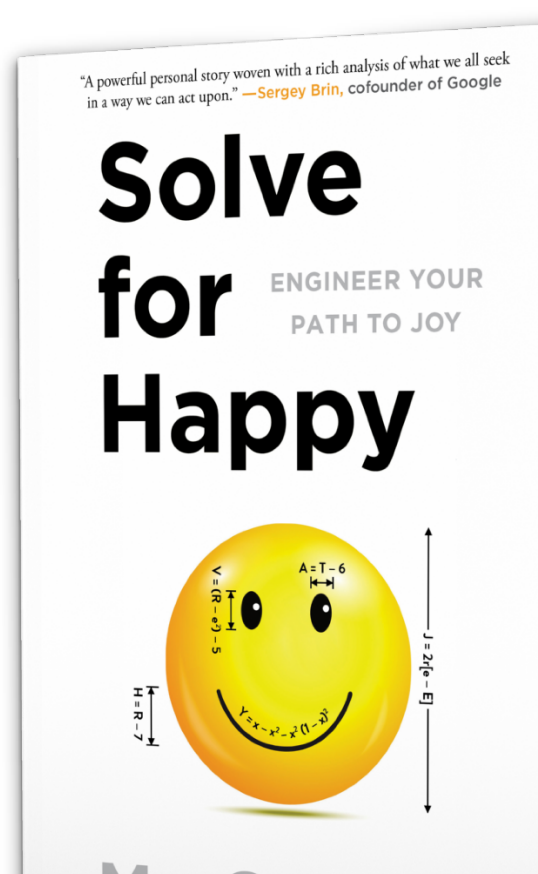
Mo

Former - Chief Business Officer - Google [x]
Serial Entrepreneur, Board Member & Investor
Author - Solve For Happy (2017)
Founder - OneBillionHappy.org



One Billion Happy

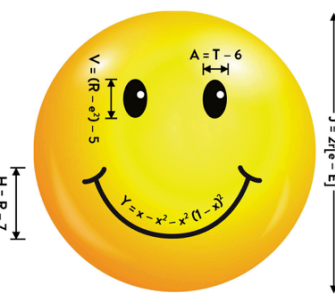
Why is Happiness Sometimes Hard To Find?





Because We're Looking in All the Wrong Places

**Solve
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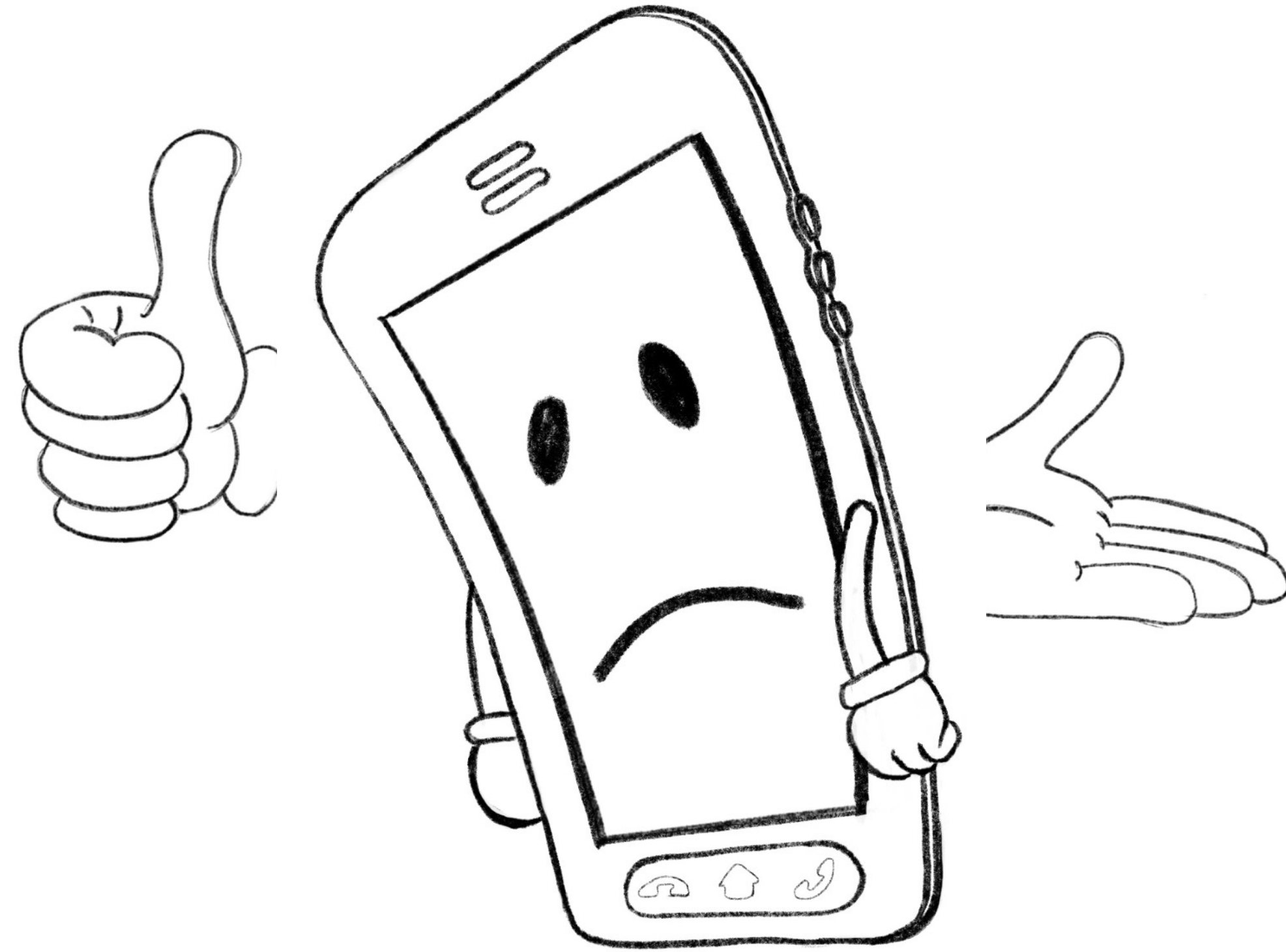


We Are All Born Happy!



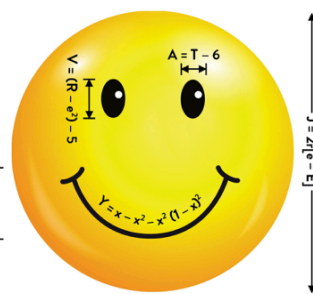
Happiness Is Our Default State





Happiness Is Our Default State

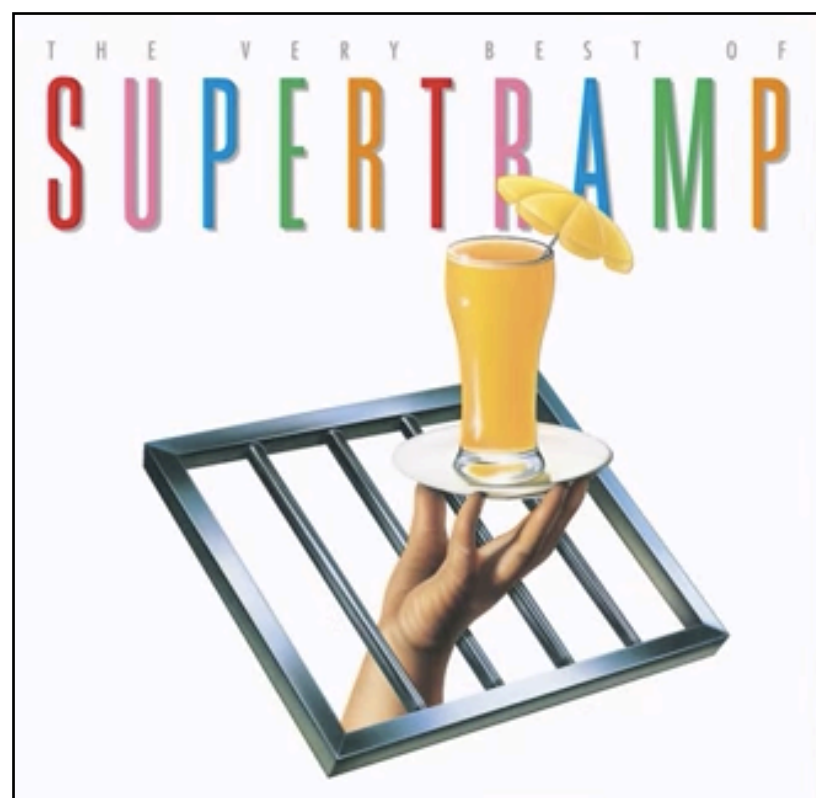
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Happiness Is Our Default State

**When I was young, it seemed that life was so wonderful,
a miracle, oh it was beautiful, magical.
And all the birds in the trees, well they'd be singing so happily,
joyfully, playfully watching me.**

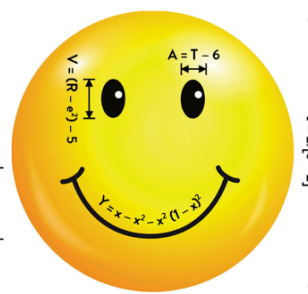
**But then they sent me away to teach me how to be sensible,
logical, responsible, practical.
And they showed me a world where I could be so dependable,**



CLINICAL, INTELLECTUAL, CYNICAL

But Then We Become ... Logical!

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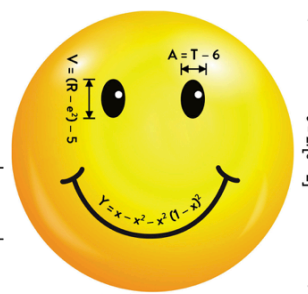


We Are All Born Happy!

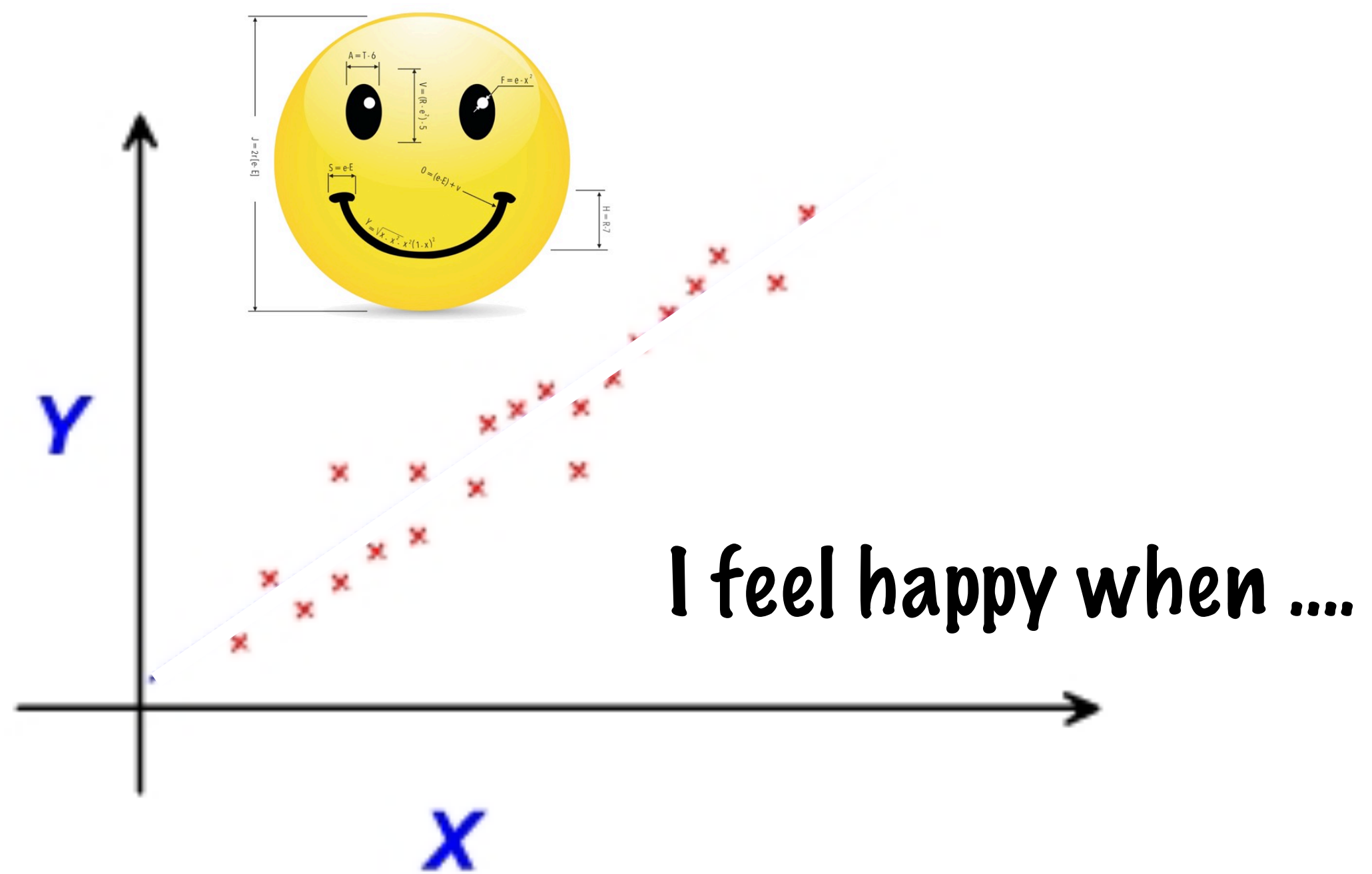


Happiness is the absence of unhappiness

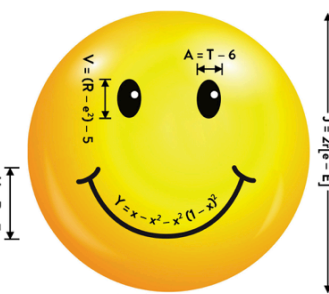
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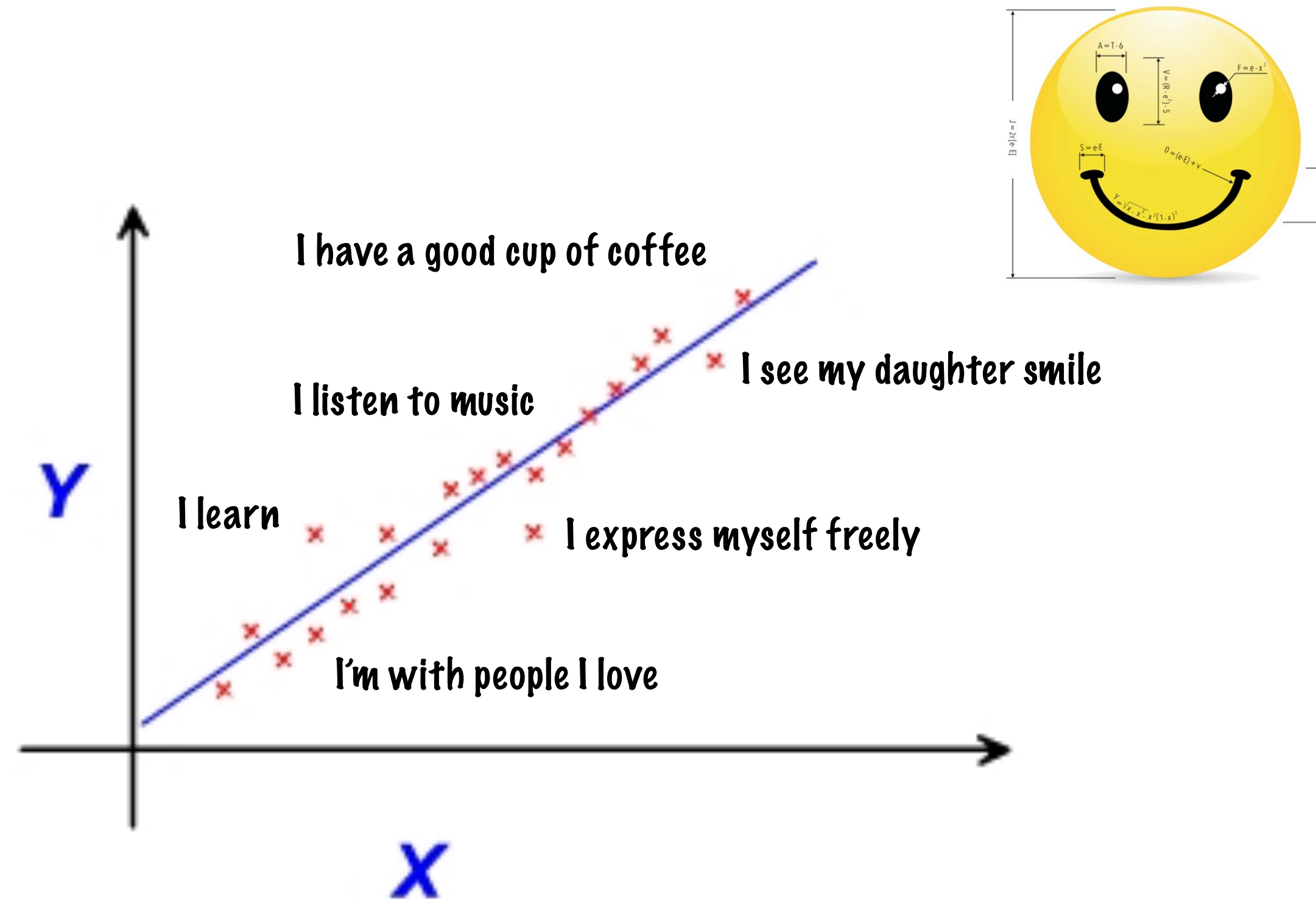
What is Happiness?



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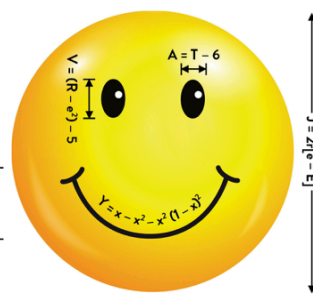


The Happy List



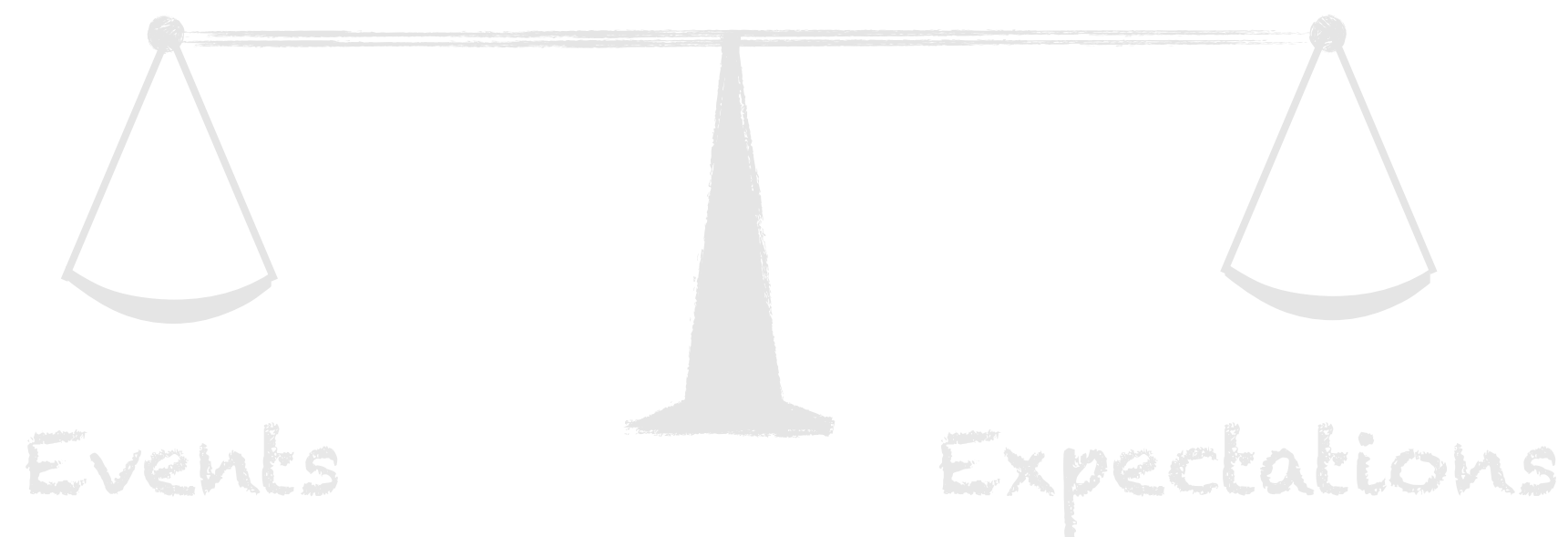
I feel happy when **life seems to be going my way**

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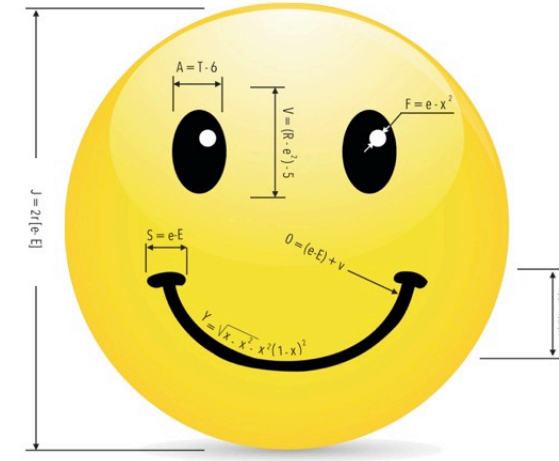
The Happiness Equation

$$\text{Happiness} \geq \text{The Events of your life} - \text{Your Expectations of how life should behave}$$



I feel happy when **life seems to be going my way**





The Blank Brain Test

1- Think Of Something
That Makes You Unhappy

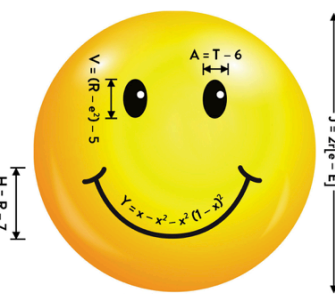
EASY

1 minutes ✓

2- Add Some Numbers
As They Appear On Screen

Not So Easy

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1

12

65

12

18

7

273

321

77

15

14

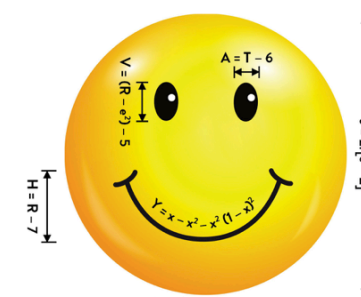
22

19

564

99

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1

12

65

12

18

7

321

77

15

273

14

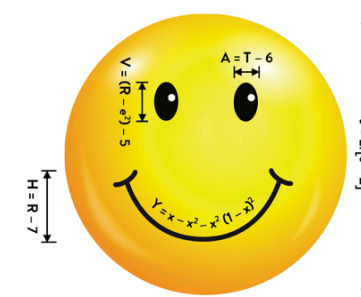
22

19

564

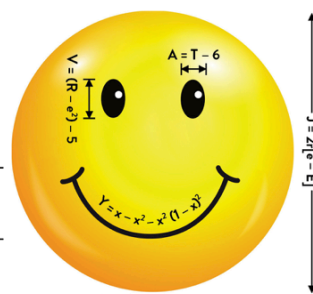
99

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15 19

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A Full Cycle Simulation

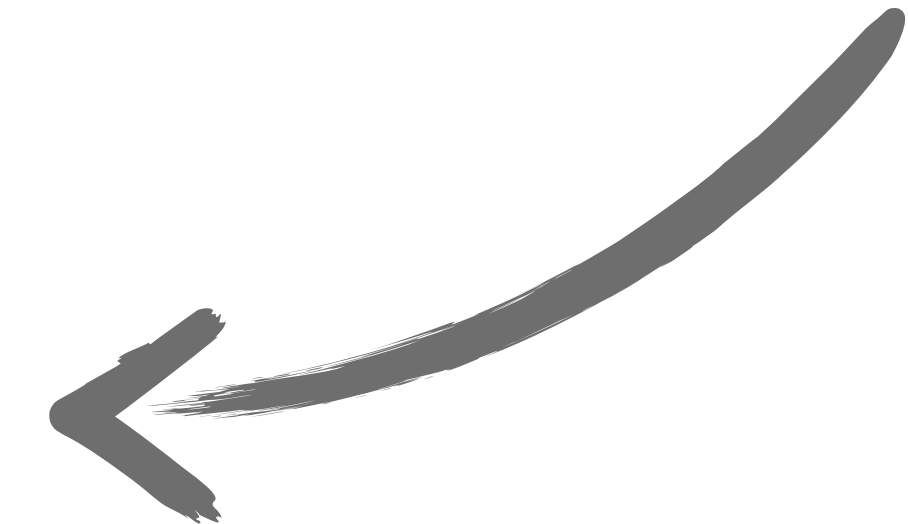
$T(0)$ - Happy



Question (1) **Has any event happened in the real world between $T(0)$ & $T(1)$?**

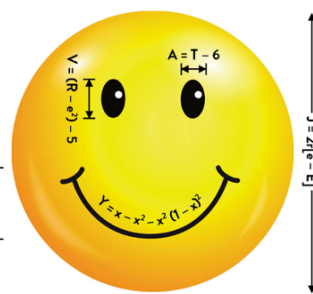


$T(1)$ - Unhappy



$T(2)$ - Happy Again

Solve for Happy



A Full Cycle Simulation

It's The **Thought**
That Makes Us Unhappy

$T(0)$ - Happy



$T(1)$ - Unhappy



$T(2)$ - Happy Again

Question (2) **Would anything happen in the real world if you remained at $T(1)$ longer?**

A Full Cycle Simulation

It's The **Thought**
That Makes Us Unhappy

$T(0)$ - Happy



$T(1)$ - Unhappy

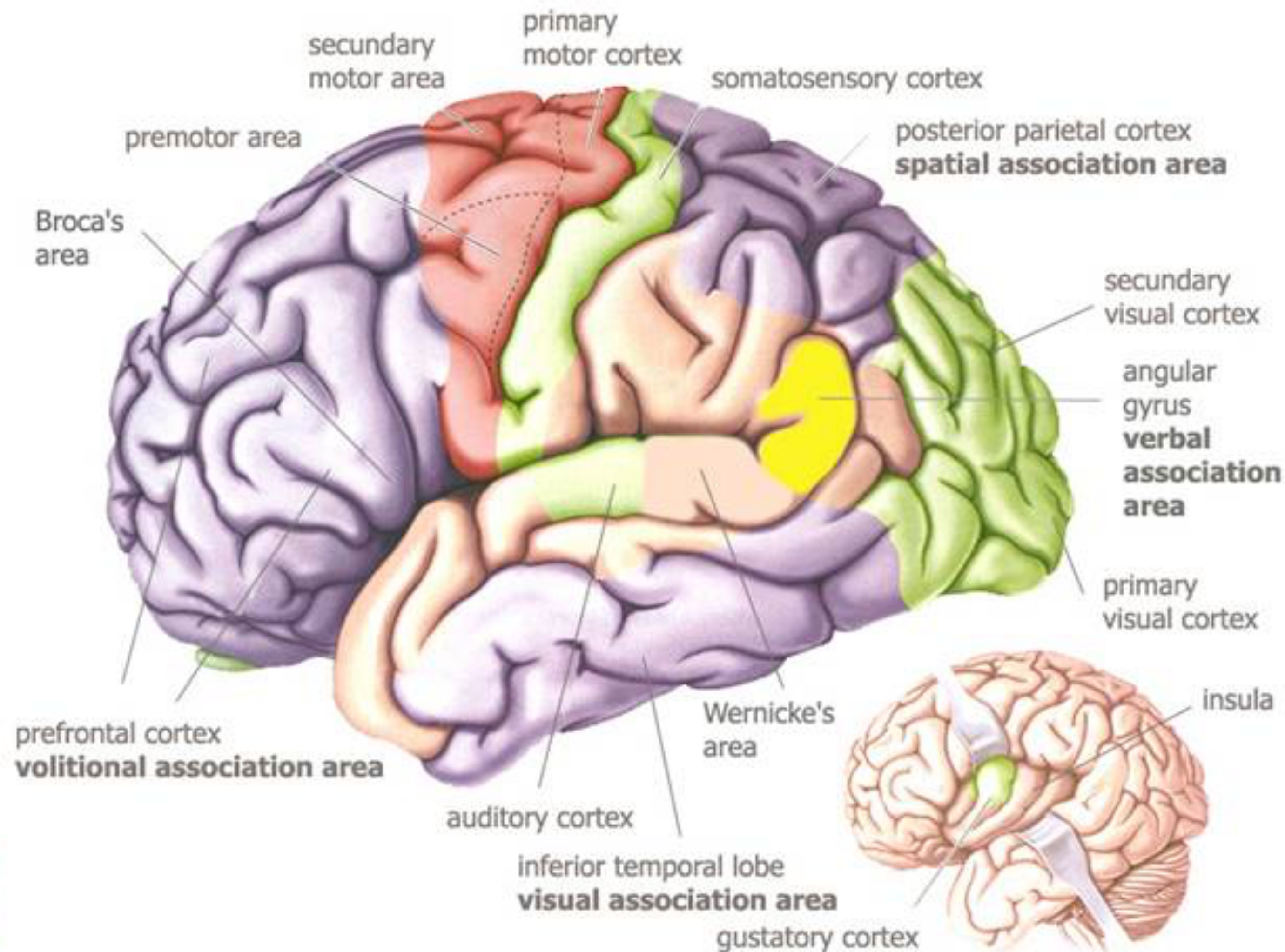


$T(2)$ - Happy Again

Suffering is a
Total Waste of Life

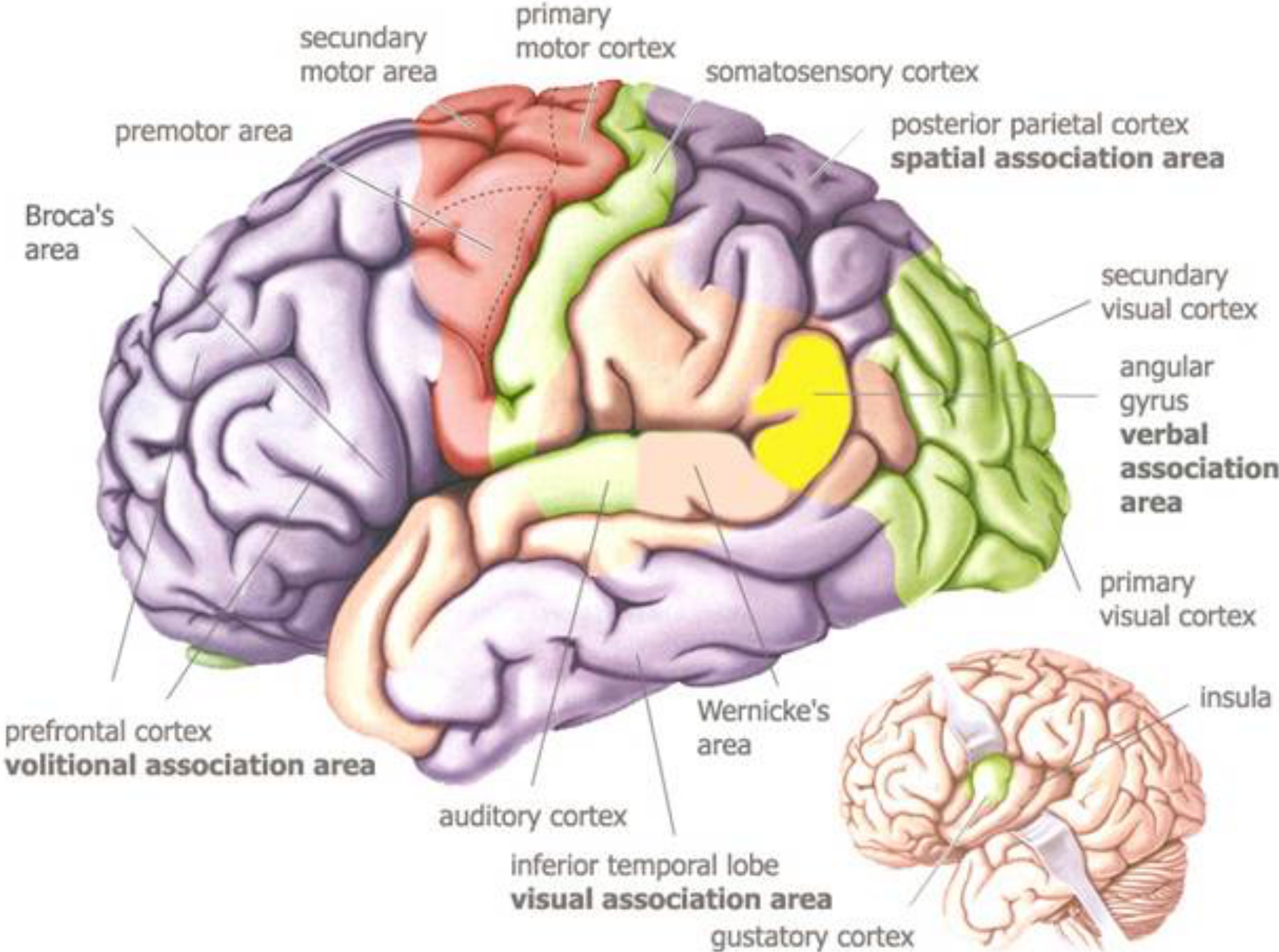
Let me Introduce you to
Your **suffering** machine ...

It's The **Thought**
That Makes Us Unhappy



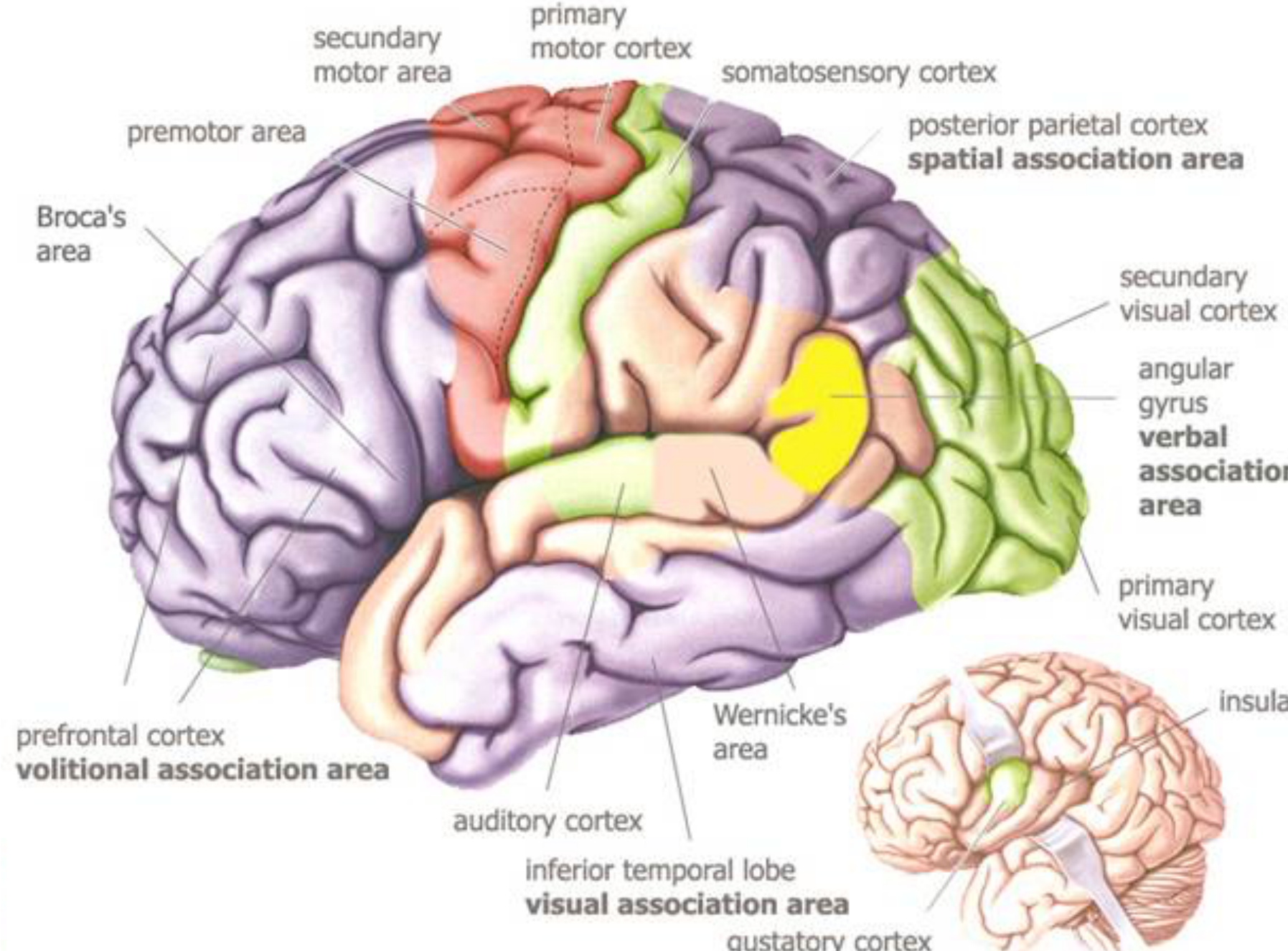
Your **suffering** machine

I Think, Therefore I Am



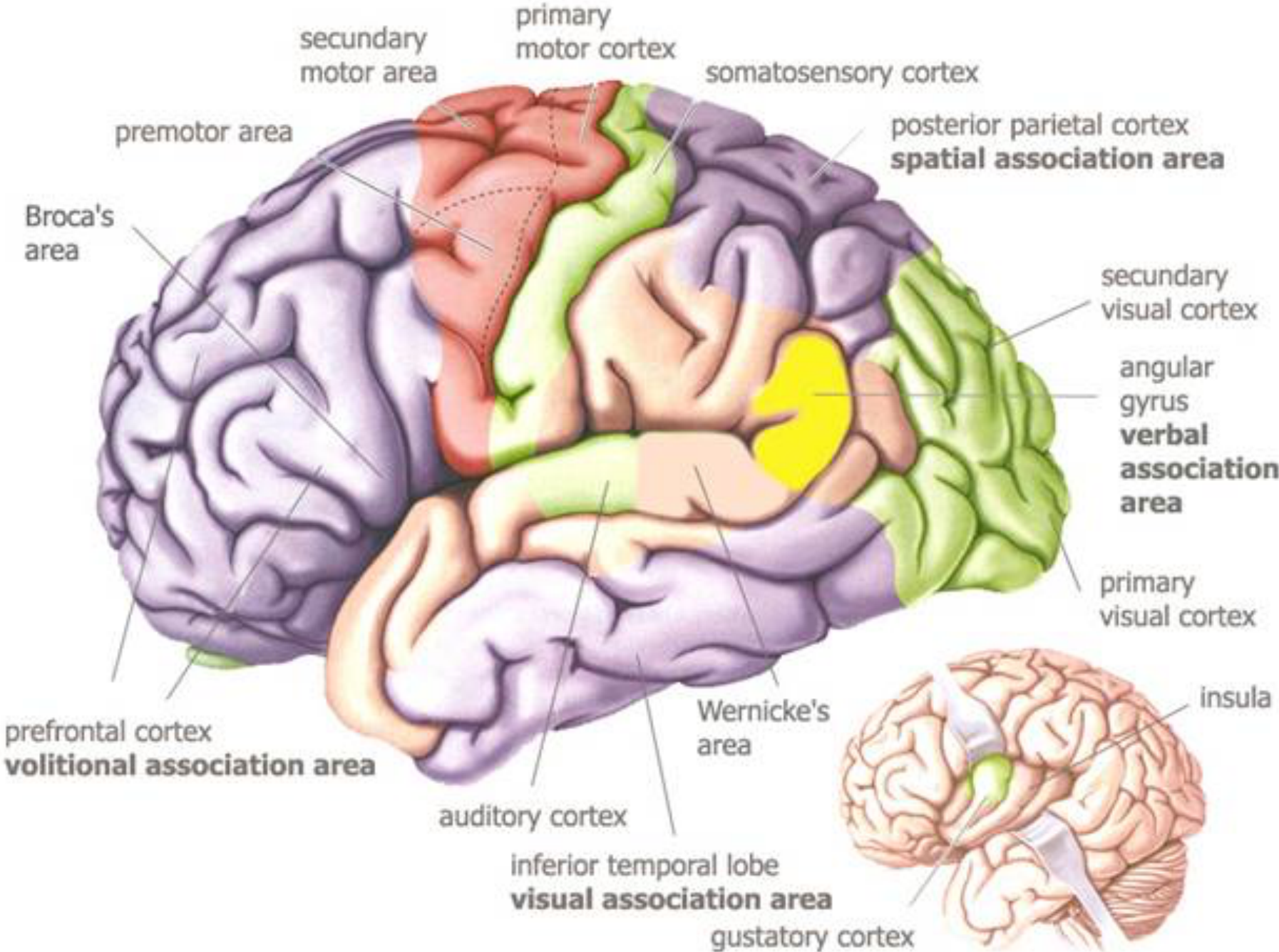
Your **suffering** machine

I am, Therefore I think

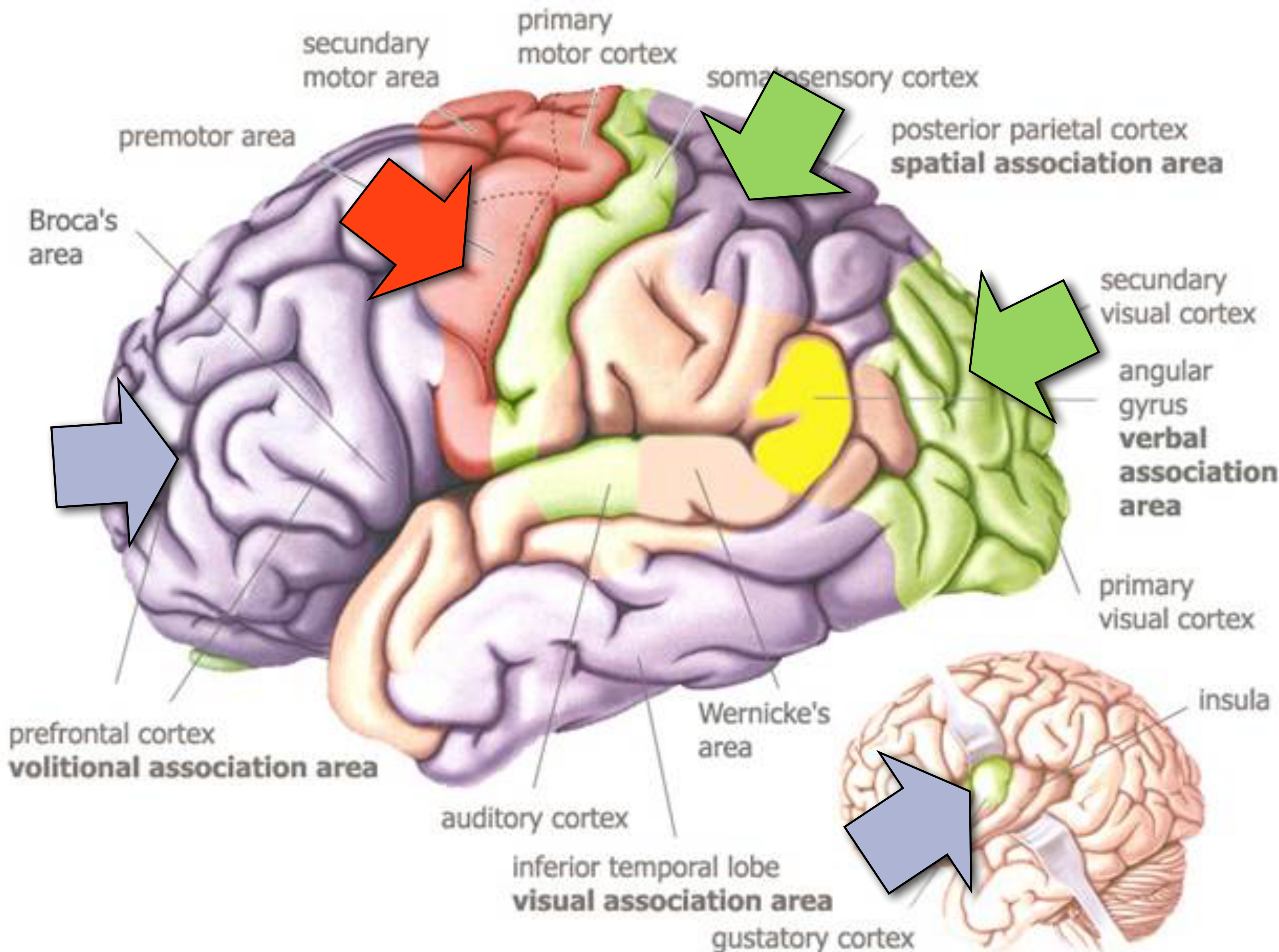


Your **suffering** machine

I am, Therefore **MY BRAIN** thinks



Your suffering machine



Insightful

MIT 2009

Experiential

Incessant

University of Toronto 2007

The Happiness Model



6 Grand Illusions

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

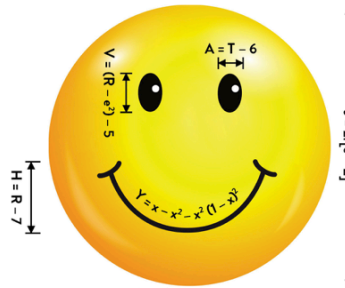
7 Blind Spots

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

5 Ultimate Truths

- Change
- Love
- Now
- Death
- Design

Solve for Happy



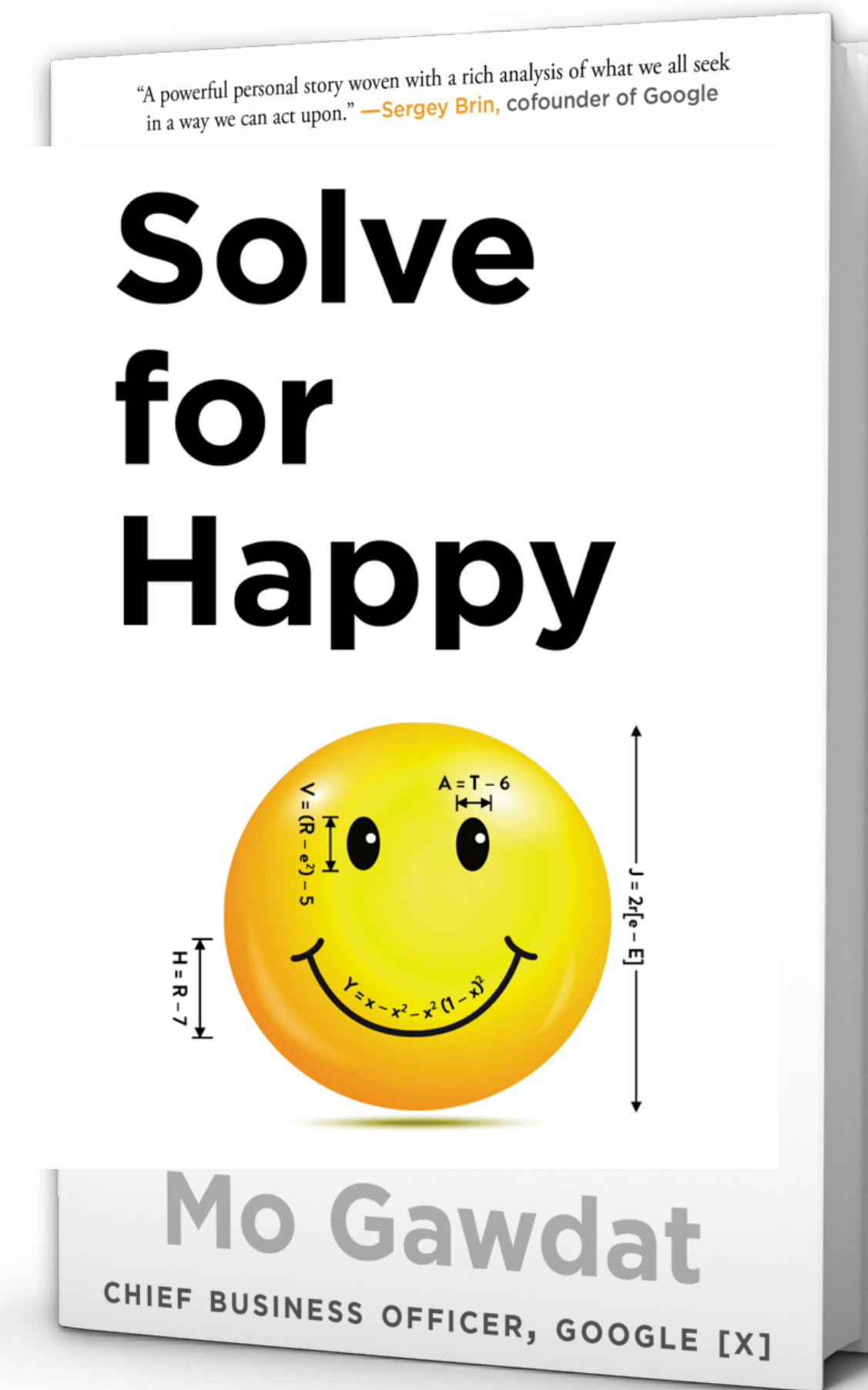
Join the Mission

#OneBillionHappy

OneBillionHappy.org

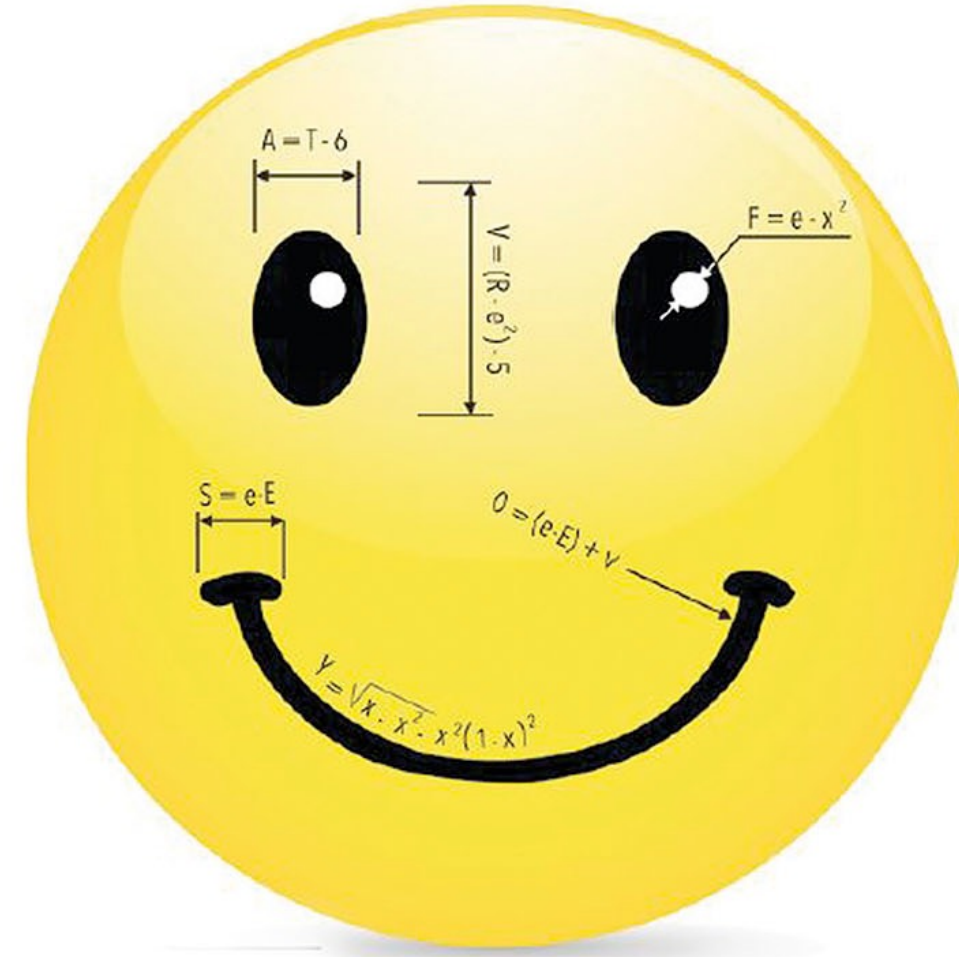
Share What You Learn

SolveForHappy.com



**Please send a prayer,
a happy wish to Ali**





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Happy