



# The Science of Happiness

What is happiness?

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Dr. Amen's Anchor Images

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Barrier to Happiness

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Two Types of Happiness

*Hedonism*

*Eudaimonia*



# The Science of Happiness

Caution: What are your Happiness Boomerangs?

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Hedonic Adaptation

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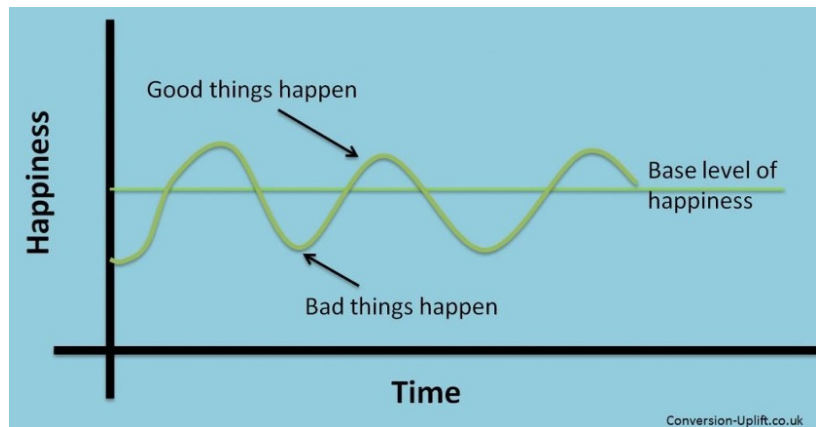
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Hedonic Treadmill

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# The Science of Happiness

Bottom Line

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Increase Every Day Happiness: Journey to Joy & Joy in the Journey

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To learn more:

Kathrine Lee's <https://kathrinelee.com/product/the-ultimate-source-online-video-course>

(Coupon Code: Get50 for 50% off)

Dr. Amen <https://www.amenuniversity.com/happy>

Random Acts of Kindness Foundation <https://www.randomactsofkindness.org/the-science-of-kindness>

Laurie Santos, The Science of Well-Being <https://www.coursera.org/learn/the-science-of-well-being>

Building Bounce by Marcus Warren

Rivers do not drink their own water, trees do not eat their own fruit;  
the sun does not shine on itself and flowers do not spread their fragrance for themselves.  
Living for others is a rule of nature. We are all born to help each other.

No matter how difficult it is...

*Life is good when you're happy; but much better when others are happy because of you.*



# The Science of Happiness

Reduce the effects of the hedonic treadmill.

Increase capacity for long-term happiness and joy.

Top 3

Pick one and practice daily to shift your mindset.

Slow Down & Savor

Serve

Say, "Thank You"

Good Food:  
Fruits & Veggies

Personal Strengths:  
Give Yourself Credit

Music: The Sound  
of Happiness



# The Science of Happiness

Reduce the effects of the hedonic treadmill.  
Increase capacity for long-term happiness and joy.  
Pick one and practice daily to shift your mindset.

**Invest in  
Self Development**

**Build Optimism  
Culture**

**Emotional  
Acceptance**

**Prioritize Sleep**

**Develop & Pursue  
Meaningful Goals**

**Build A-Team  
Relationships**



# The Science of Happiness

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Pick one and practice daily to shift your mindset.uu

Novelty, Variety  
& Surprise

Expect & Reflect on  
What is Good

Positivity Bias  
Training

Secret Ingredient

Practice Mindfulness

Live with Love &  
Compassion