



The Science of Happiness *and how you can use it*

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HARVARD
BUSINESS SCHOOL



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IS HAPPINESS A FEELING?

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Happiness is the feeling I get when
I'm with the people I love

A top-down view of various fresh vegetables and ingredients arranged around the text on a dark background. The ingredients include black beans in a wooden bowl, broccoli, red chili peppers, garlic, red onions, cucumber slices, green peas in a metal bowl, corn cobs, cherry tomatoes, eggplant, ginger, and a whole pumpkin. The text is centered in the middle of the image.

IF HAPPINESS ISN'T A FEELING, WHAT IS IT?

Happiness =
Enjoyment + Satisfaction + Meaning

ENJOYMENT: PLEASURE + PEOPLE + MEMORY

PLEASURE

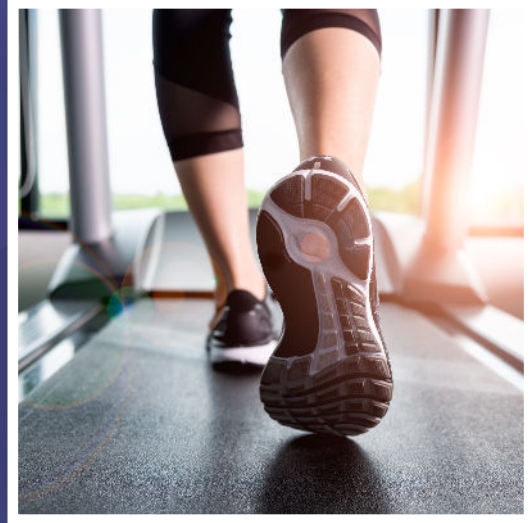


ENJOYMENT

SATISFACTION:
THE JOY OF ACCOMPLISHING A GOAL WITH EFFORT



H O M E O S T A S I S



**T H E H E D O N I C
T R E A D M I L L**



Satisfaction
 \neq
Haves



Satisfaction
 $=$
 $\frac{\text{Haves}}{\text{Wants}}$



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THE MEANINGS OF MEANING

COHERENCE

Things happen for a reason.

PURPOSE

I am alive in order to do something.

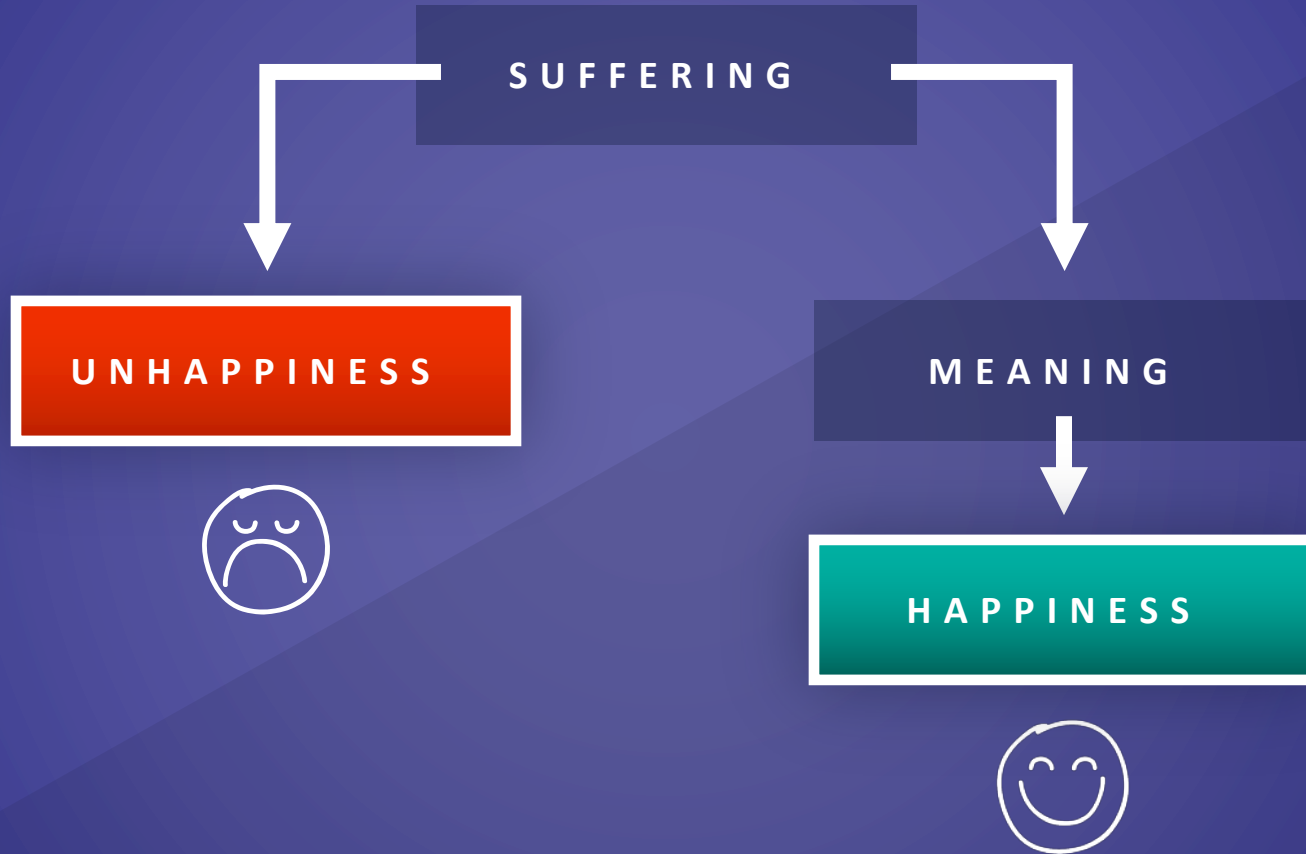
SIGNIFICANCE

My life matters.

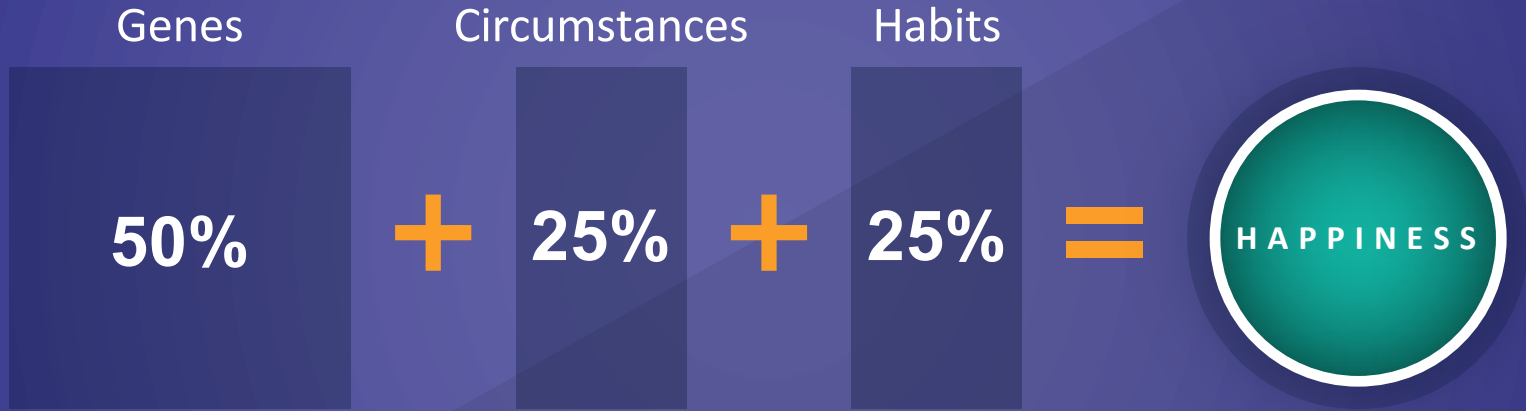
THE TWO BIG QUESTIONS

Why are you alive?

For what would you be willing to die?



WHY ARE SOME PEOPLE HAPPIER THAN OTHERS?



THE PORTFOLIO OF HABITS FOR A MEANINGFUL LIFE



FAITH/PHILOSOPHY



FAMILY



FRIENDS



MEANINGFUL WORK

The two aspects of
meaningful work
that bring happiness...
to you and those you
lead:

1

EARNED SUCCESS

Accomplishment and
hard work rewarded.

2

SERVICE TO OTHERS

My job makes life better
for others in a tangible way.

LESSON KEY TAKEAWAYS



Seek enjoyment, not pleasure.



Walk the transcendental path.



Manage your worldly wants,
not just your haves.



Family + real friends



Seek the answers to the
Two Big Questions.



Earn your success and serve others.



Look for opportunity in your suffering.



Teach others the secrets, starting
with your family and friends.

For more information, visit:
arthurbrooks.com/resources

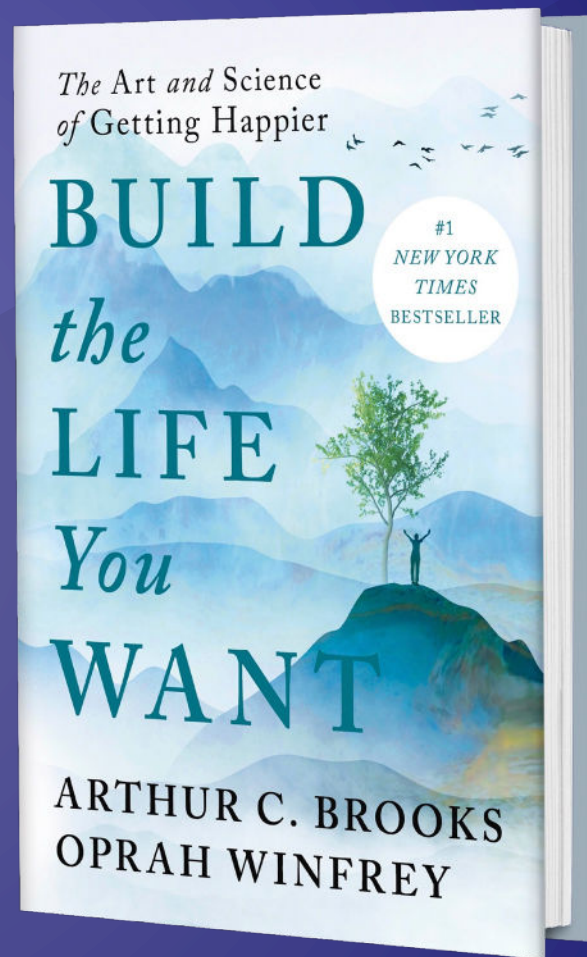


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