

The Science of Happiness and How to be Happier



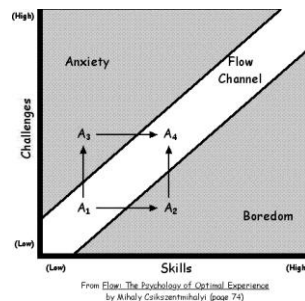
What is true happiness and how can we achieve it?

Many great philosophers, psychologists and even modern-day scientists recognize that real happiness, or "eudaimonia" is more dependent on our thinking than our circumstances.

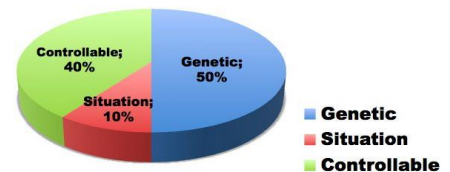
What principles can we use to rewire our brains?

1. Be Authentic
2. Change our perspective
3. Promote Positive Feelings
4. Practice Mindfulness
5. Foster Healthy Relationships and a Healthy Lifestyle
6. Create Meaning

Find Fulfillment (Flow)



Your Happiness



Neuroplasticity:

The brain's capacity to change.

Cognitive Reconstruction:

Changing negative thought patterns

Positive Psychology:

The Science of Happiness

Focus on Gratitude:

Create a daily practice of gratitude.

Resources/Authors:

- Barbara Frederickson
- Pema Chodron
- Brene Brown
- Sonja Lyubomirsky
- Thich Nhat Hanh
- Martin Seligman
- Mihaly Csikszentmihaly
- Dalai Lama