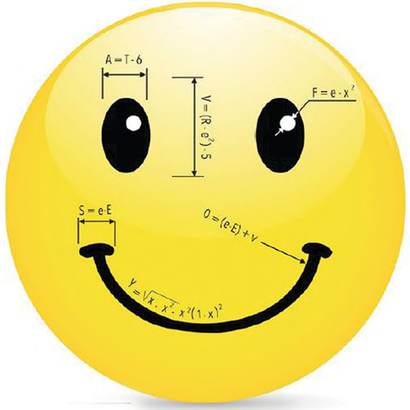
GLOBAL WELLNESS
SUMMIT 2017

Solve for Happy - Engineering Happiness

Mohammad Gawdat, Chief Business Officer, Google [X], U.S.



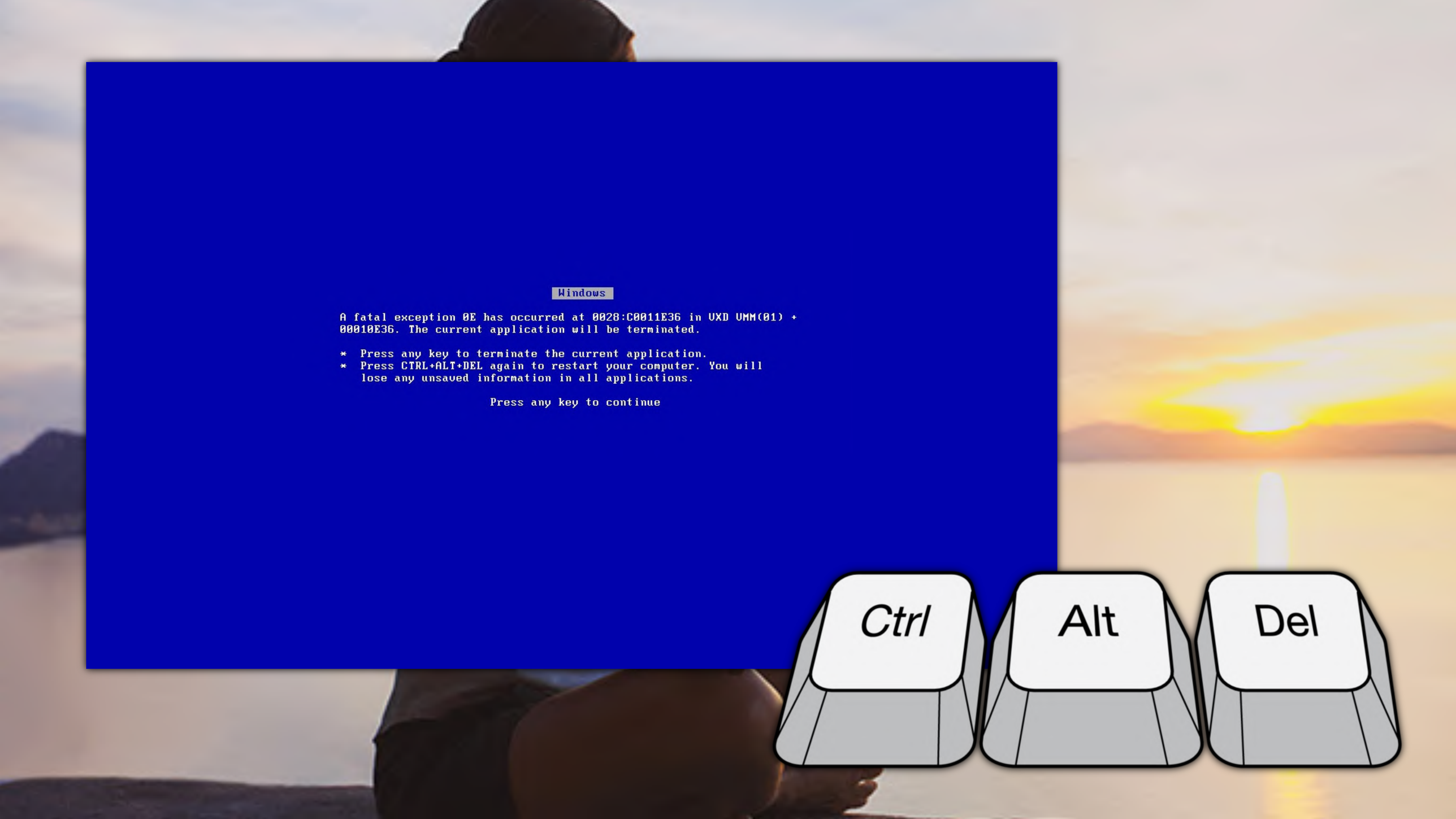
Solve for Happy

Engineering Happiness

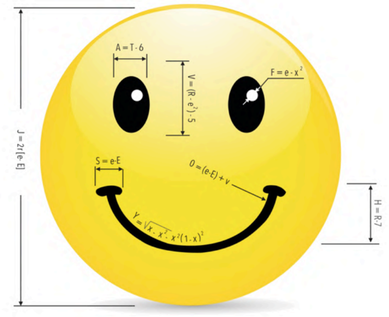
Mo

Chief Business Officer - Google [x] (On Sabbatical)
Serial Entrepreneur, Board Member & Investor

Author - Solve For Happy (2017)


Windows
A fatal exception 0E has occurred at 0028:C0011E36 in VXD VMM(01) +
00010E36. The current application will be terminated.
* Press any key to terminate the current application.
* Press CTRL+ALT+DEL again to restart your computer. You will
lose any unsaved information in all applications.
Press any key to continue
Ctrl
Alt
Del

The Gravity Of The Battle Means
Nothing To Those At Peace



#10MillionHappy

OneBillionHappy

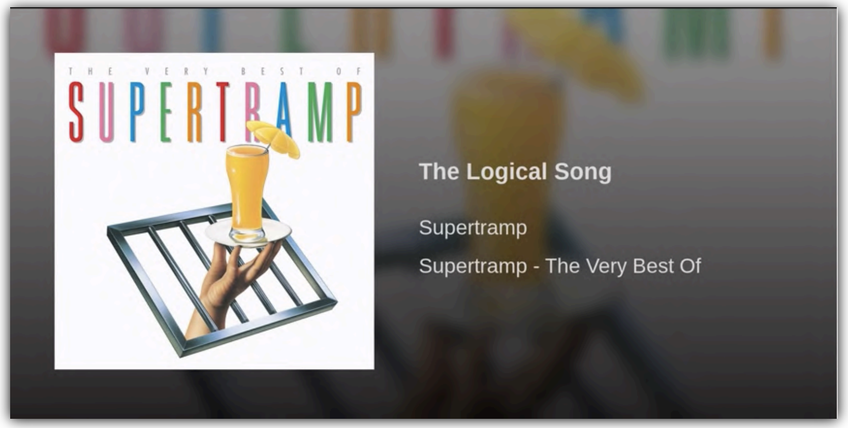
Why is Happiness Sometimes Hard To Find?

We Are All Born Happy!

Happiness Is Our Default State

Happiness Is Our Default State

But Then We Become …



Logical!

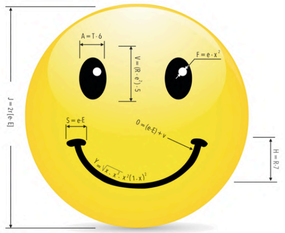
When I was young, it seemed that life was so wonderful,
A miracle, oh it was beautiful, magical.
And all the birds in the trees, well they'd be singing so happily,
Joyfully, playfully watching me.
But then they send me away to teach me how to be sensible,
Logical, responsible, practical.
And they showed me a world where I could be so dependable,
Clinical, intellectual, cynical.

We Are All Born Happy!

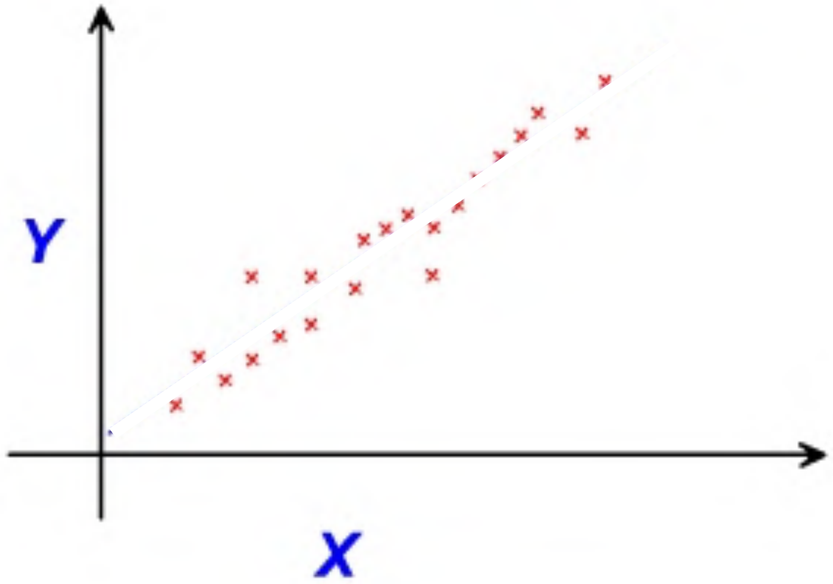
Happiness Is Our Default Setting

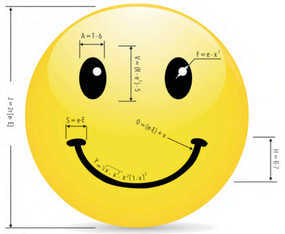
Happiness Is The Absence Of Unhappiness

Reset



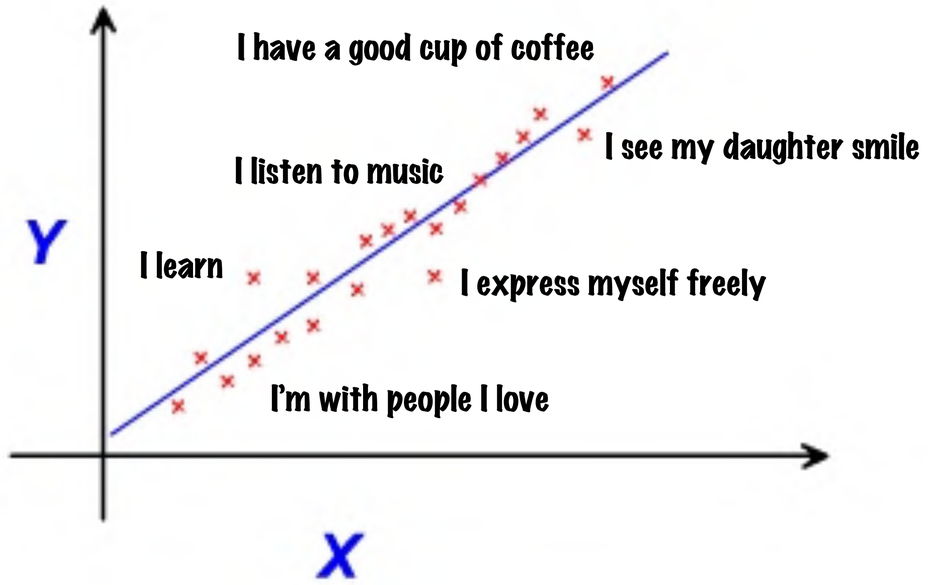
What is Happiness?

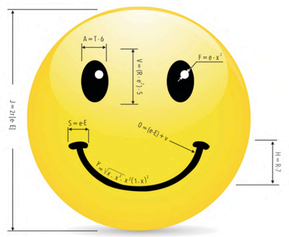




What is Common Amongst All Your Happy Moments??

I feel happy when ....

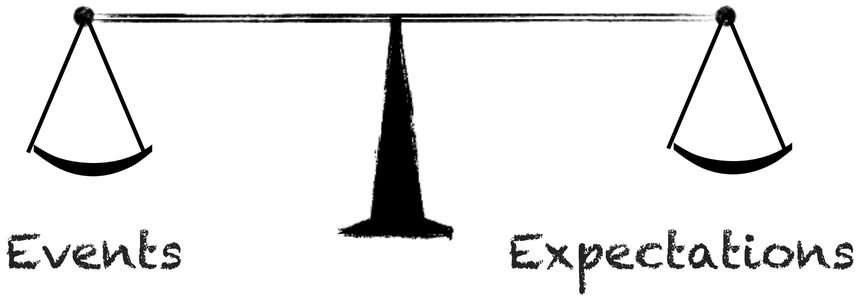


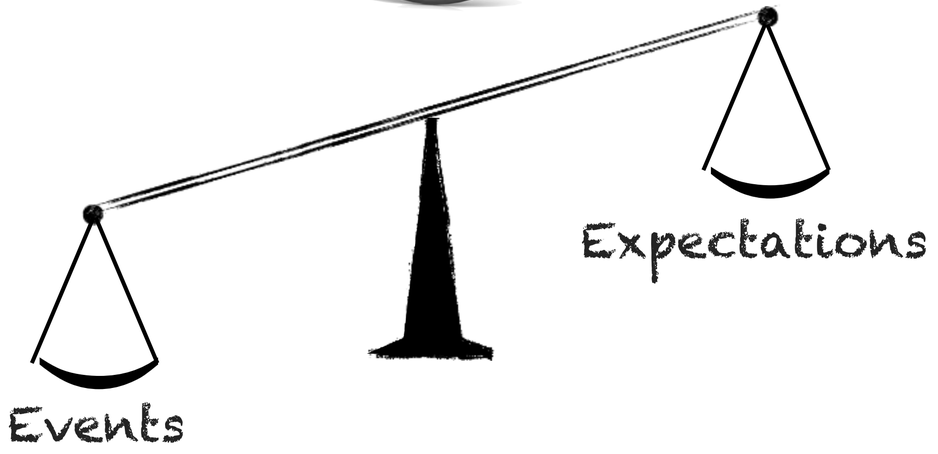


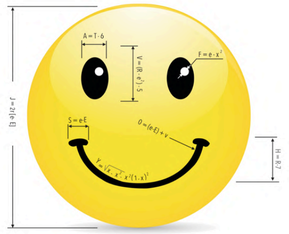
What is Common Among All Your Happy Moments??

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

1 minutes ✓

1

12

65

12

18

7

321

77

15

273

14

22

19

564

99

1

12

65

12

18

7

321

77

15

273

14

22

19

564

99

15 19

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

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

It’s The Thought
That Makes Us Unhappy

Let me Introduce you to …

your

suffering

machine

Insightful

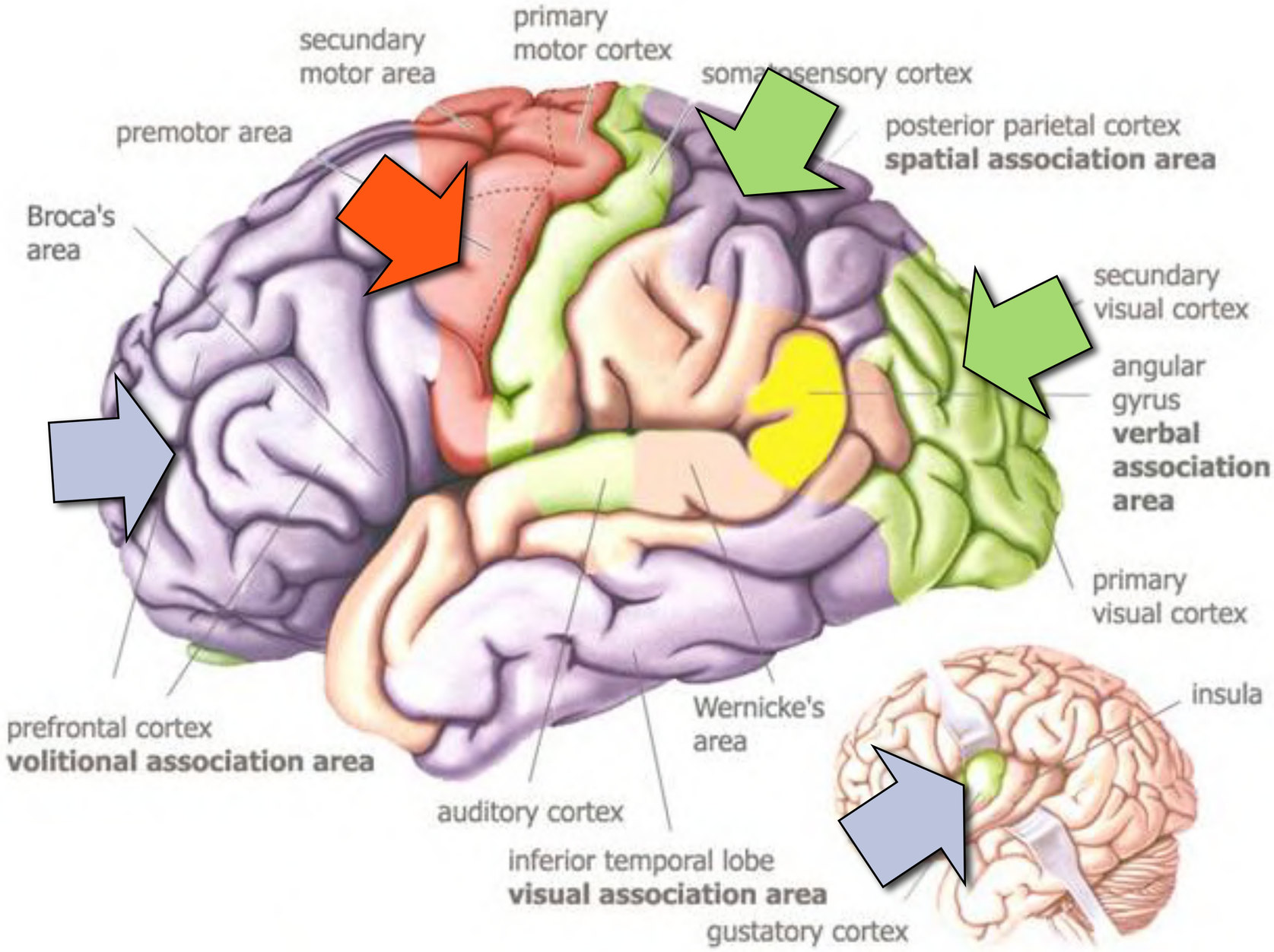
MIT 2009

Experientia

l

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

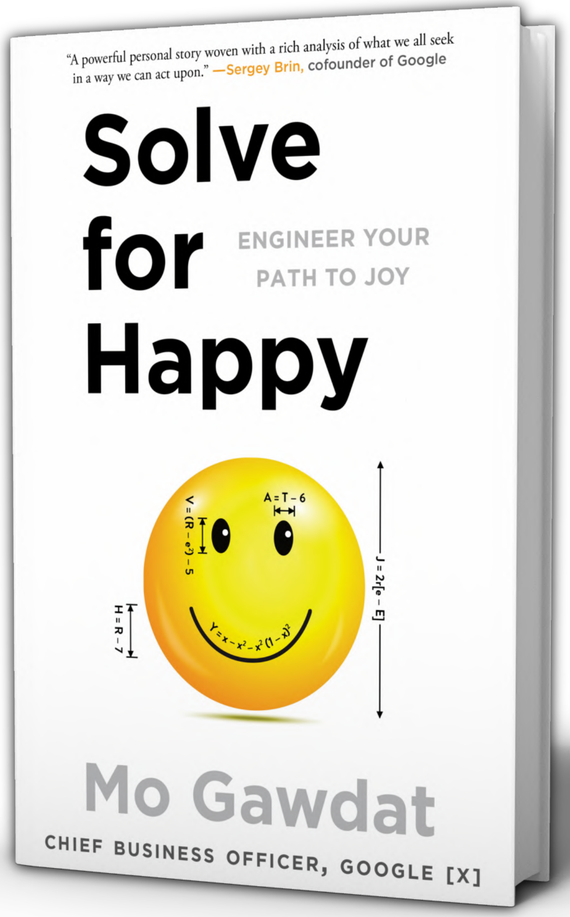
- Change
- Love
- Now
- Death
- Design

Join the Mission

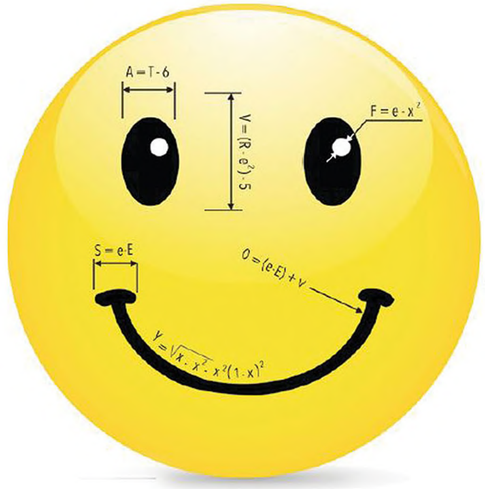
#10MillionHappy

Share What You Learn

OneBillionHappy.Org



Please send a prayer,
a happy wish to Ali.



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