**HAPPINESS**

What is Happiness? Does it exist? If so, how do we achieve it? What prevents it?

The following videos all relate to questions surrounding happiness. Please take the time and watch at least three videos and complete the following small assignment.

For each video:

Summarize overall message of the talk? (4-6 sentences)

What are the three most interesting and/or relevant talking points from the talk for your understanding of happiness? (bullet points)

Do you mostly agree or disagree with the author’s main points? Be sure to identify a minimum or two key points that you specifically agree or disagree with.

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**From TED Talks**



**About this talk**

Dan Gilbert, author of Stumbling on Happiness, challenges the idea that we’ll be miserable if we don’t get what we want. Our "psychological immune system" lets us feel truly happy even when things don’t go as planned. <http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy.html>

**About this talk**

Graphic designer Stefan Sagmeister takes the audience on a whimsical journey through moments of his life that made him happy -- and notes how many of these moments have to do with good design. <http://www.ted.com/talks/stefan_sagmeister_shares_happy_design.html>

**About this talk**

Journalist Carl Honore believes the Western world's emphasis on speed erodes health, productivity and quality of life. But there's a backlash brewing, as everyday people start putting the brakes on their all-too-modern lives. <http://www.ted.com/talks/carl_honore_praises_slowness.html>

**About this talk**

Pastor Rick Warren, author of *The Purpose-Driven Life,* reflects on his own crisis of purpose in the wake of his book's wild success. He explains his belief that God's intention is for each of us to use our talents and influence to do good. <http://www.ted.com/talks/rick_warren_on_a_life_of_purpose.html>

**About this talk**

Psychologist Barry Schwartz takes aim at a central tenet of western societies: freedom of choice. In Schwartz's estimation, choice has made us not freer but more paralyzed, not happier but more dissatisfied. <http://www.ted.com/talks/barry_schwartz_on_the_paradox_of_choice.html>

**About this talk**

What is happiness, and how can we all get some? Biochemist turned Buddhist monk Matthieu Ricard says we can train our minds in habits of well-being, to generate a true sense of serenity and fulfillment.

<https://www.ted.com/talks/matthieu_ricard_on_the_habits_of_happiness?language=en>