

Chapter 1 : Discover your unique happiness profile - and contribute to science! | Happysmarts

This book, "If You're So Smart, Why Aren't You Happy?" answers the nitty-gritty questions about how to value happiness above money, above superiority, above control, and above all the other temptations in our culture and in our own pre-wiring that subtly pull us away from happiness.

Photo Source Hey Steemit friends! Understanding human behavior is truly what gets me out of bed each day. Here are a few of my takeaways It requires doing something that you find meaningful, that you can kind of get lost in on a daily basis. Money aside, this platform has made me fall in love with writing again! Would I be stoked if every one of my articles hit the front page? Nothing can stop me! I love getting comments and emails from users who have been impacted by my work. I love connecting with other like minded people and talking about the ups and downs of life. I love sitting down to an empty page and thinking, "How can I add value to the world today? But since becoming an active member of the a community the writers block has all but vanished. On the most basic level, Steemit has changed my life. If we can just buy a new car.. If we just get that raise.. If we just travel to the other side of the world.. Time and time again, science has proven fulfillment cannot and will never be the result of a specific outcome. Rather, true lasting fulfillment comes from the process itself. We live and die by outcomes. Instead of investing in the fulfilling process of creation, they let the ideal of being on the homepage distract them. Enjoy the journey and the rest will fall into place. And a large part of that is due to adaptation, but a large part of it also is that you see this mountain in front of you and you want to climb over it. And when you do, it turns out there are more mountains to climb. Instead of wishing for less mountains, we must look for ways to enjoy the climb. Or being grateful for the shoes that keep the pebbles out. Sometimes life just sucks. But if we train our mind and eyes to enjoy the path we walk we will be that much closer to lasting fulfillment. I really liked this last quote. For much of my life, I was always jumping at any chance I could to throw a pity party. It made me feel good to make excuses. It made me feel good to find all what was wrong in the world. Or so I thought. Life is unfair, and at times plain brutal. What I am suggesting is that you give yourself every advantage to find a life with meaning -- and that starts with viewing the world in an empowering lens. Instead of throwing your hands up in the air at every setback, strap up and push through. Instead of being cynical invest your time and energy into unlocking the endless potential of the world. Would love to hear what you think! Excited about this discussion. If you enjoy writing on self improvement, Steemit tips and tricks, and travel be sure to follow me here If you enjoyed this post you might also like.

Want to be happy, watch this talk! In this funny talk, Prof Raj reveals the simple secret of a happy life, based on his years of research shared in one of th.

We have to earn it. We have to work and struggle to prove we deserve it. Too many of us are working at it in an unhealthy way and wondering why our happiness is getting farther away instead of closer. The healthy way involves identifying the impediments to our own happiness and working through them on an informed basis. The impediments consist of perceptions, opinions, expectations, and beliefs that we picked up in childhood and never set down. They get in our way wherever we go. They would not dare to pull their own teeth, but they imagine they can resolve these issues their own way, in their own good time, without a clue in the world as to how to really solve the problem. We cannot be objective about ourselves because we cannot see ourselves the way others do. We think that problem solving is common sense when in reality it requires very uncommon sense. Even doctors cannot treat themselves when they have a problem. Just like a dentist, no matter how good they are, they need to seek out another dentist. This is how uninformed people manage to perpetuate their misery until they die. Life is too short for that. The truth is that there are issues below these issues that we do not know are down there. We are too close to it. They are our wounds from childhood. This pain is inaccessible to us. To get beyond the initial avalanche of hurt, we can ask ourselves questions to evaluate our own feelings in a practical way: What is the worst part? How does this make you feel? When else have you felt this way? In this way, we are peeling our emotional onion. It may stink and make us cry, but that is where the useful stuff is. The irony is that the more we seek to gain control, the more out of control we become. To help us move from demanding to preferring, we can ask ourselves: What makes me think I cannot deal with this? Do I trust my judgment to deal with it? What is the worst part about not getting my way? Writing seems counter intuitive. Our distress may be too painful and writing about experiences we wish to forget, may cause fear that we will be overwhelmed. Yet, journaling helps to release our painful emotions. There is no way anyone can put a band-aid on this hurt. Our pain must be experienced, so we can heal and move on with our life. Writing gives us control over how and when these feelings come to the surface. And they will surface sooner or later. Perhaps one day we are tired and hungry and then someone cuts in front of us in line at Starbucks. This minor frustration is the final snowflake that causes an avalanche of emotions to bury us. Yet journaling allows us to release our pent up emotions, so we can see each situation independently without being buried in similar feelings from the past. Think of self-exploration as being the detective in an exciting mystery movie. Or as if we are a scientist trying to discover a major new insight into human nature. Learn to replace those old fears of looking inward with a sense of adventure, curiosity, and excitement. We only have these painful feelings because we care. But that is not sustainable. Doing what is hard, like tolerating frustration and controlling our impulses is part of being an adult. Education, career, relationships, owning a home, these are all hard things to accomplish. Gold, diamonds are hard to obtain. Value comes from doing what is hard. We value what is difficult. To do what is hard or do what is easy, either way the choice is ours and there will be a consequence.

Chapter 3 : If You're So Smart, Why Aren't You Happy? by Raj Raghunathan

1-Sentence-Summary: If You're So Smart, Why Aren't You Happy walks you through the seven deadly sins of unhappiness, which will show you how small the correlation between success and happiness truly is and help you avoid chasing the wrong things in your short time here on earth.

I wish I could claim credit for it, but it is actually the title of a new book that will hit the shelves next month. Raj Raghunathan, a professor of business at the University of Texas at Austin, has a somewhat unusual take on what he is supposed to do. I have met hundreds of business school professors and had weighty discussions on teaching. Most want to do a good job of communicating the intricacies of their particular discipline to students. A smaller number would really like to get their students excited about the ideas they share and get them to delve deeper. Raj is one of the few, a very few, who views his job as helping his students lead happier, more fulfilling lives. He discovered that business schools do a pretty poor job of this. So do most other educational institutions. He began to offer a course on happiness. It was soon oversubscribed and his teaching ratings soared. Many let him know that The Happiness Course was the most meaningful part of their business school education. This started Raj on what has now become a life work: What are the determinants of a fulfilling and happy life and how can one achieve this? Go back to when you were a young kid. Can you remember being filled with joy for no particular reason and being entranced for hours watching ants in a hive or butterflies flitting or rain pattering on the ground? When is the last time you felt like that? Why do we seem to lose our capacity to be happy as we grow older and can we do something about this? The reason we are not happy as we scurry around building our businesses or advancing our careers is that we are diverted into making false tradeoffs. He illustrates this with "The Genie question. Most would ask for vast wealth, stupendous success and fulfilling relationships. And why is this? Because we think that these will make us happy. So why not ask for happiness directly? Virtually no one asks the genie for this. The reason is insidious. We get distracted by subsidiary goals. We also devalue happiness in pursuit of intermediate objectives that appear more tempting. The Happiness Paradox explains why business school students universally choose high paying jobs in finance over lesser paying ones in say manufacturing even though they freely admit that they would actually have a life in the latter as opposed to being chained to their desks in the former. The book has many insights that are blindingly obvious after they have been explained to you. For example, pursuing happiness actually makes you unhappy. This is because when you are fixated on happiness, you evaluate how happy you are. And invariably you are less happy than you would like to be so you actually become unhappy about unhappiness. The way out of this trap? Do activities that you like and are good at. If you are focused on making it happen, you are guaranteed to spend hours tossing and turning. Instead, calm your mind, turn off electronic interlopers read an enlightening book and you are in slumber land. The last chapter makes the case that the quest--not obsession--for personal happiness is actually a win-win-win-win solution. Your happiness level goes up, your chances of success improve, you feel fulfilled by altruism at the personal level and meaningful productivity goes up on a societal level. Now that is a consummation devoutly to be wished. The book ties into a website that gives you many exercises and additional resources. Full disclosure--Raj took my course when I was teaching at Columbia Business School and is now a valued friend. Mar 30, Like this column?

Chapter 4 : Raj Raghunathan | If You're so Smart, Why Aren't You Happy? (Episode)

If You're So Smart, Why Aren't You Happy?, by Raj Raghunathan, seems like your run-of-the-mill, depression, self-help book. What differentiates this one from the others is that the author is not an M.D., nor does he have a background in psychology.

Apr 01, Angelo rated it really liked it I like this book. I really enjoyed reading the book, because it is really straightforward and helped me to acknowledge a new and interesting world. I liked when the author showed how happiness can be defined not relying only on abstract concept and I also liked how he addressed the problems sins and the viable solu I like this book. I liked when the author showed how happiness can be defined not relying only on abstract concept and I also liked how he addressed the problems sins and the viable solutions. Although, some solutions are impracticable at least for me. The take-away message of the book is that there is a lot of potential in ourselves. We can increase our happiness but only if we want it. Strongest impressions from the book: Often we do this because happiness is hard to measure unlike money, for example. Define what happiness is for you and make choices to prioritize it. Other strongest takeaway - that people, even strangers, are more deserving of trust than almost anyone giv A Business school professor examines happiness, with some interesting conclusions. Other strongest takeaway - that people, even strangers, are more deserving of trust than almost anyone gives credit for. He focuses on having the right approach to achieving Mastery, Belonging, and Autonomy - which involves the belief that these things are abundant, not scarce. Scarcity implies a zero-sum game and makes happiness hard to find. For mastery, finding "Flow" is key - work that you have talent for and enjoy but that challenges you and does not come at a cost to others. Do not try to be superior to others. He suggests you ask yourself "What is the best possible life" as an exercise. For belonging, it is the need to love and give, not the selfish need to be loved, that promotes happiness. He conducts an exercise to have you think of some negative event in life not truly awful, though and reflect on how much it hurts now vs when it happened and how meaningful the event is in our lives. Negative events tend to hurt less but actually carry a lot of meaning in our future lives - they often drive positive consequences. He closes with a plea for mindfulness, and trying to be disinterested observers of our lives and minds rather than constantly internally judging everything we do.

Chapter 5 : If You're So Smart, Why Aren't You Happy? by Raj Raghunathan | calendrierdelascience.com

For some of us, happiness is not a given. We have to earn it. We have to work and struggle to prove we deserve it. Too many of us are working at it in an unhealthy way and wondering why our.

Chapter 6 : If You're So Smart, Why Aren't You Happy? | Anger Management

"If You're So Smart, Why Aren't You Happy?" is a book about making happiness your priority. It offers useful tips that you can use immediately, to create a much happier life. It offers useful tips that you can use immediately, to create a much happier life.

Chapter 7 : If You're So Smart, Why Aren't You Happy? Summary - Raj Raghunathan

If you're so smart, why aren't you happy? If intelligence helps with decision-making, smart people should naturally make better life choices. So why are so many of the smartest, brightest, most successful people profoundly unhappy?

Chapter 8 : If You're So Smart, Why Aren't You Happy? by Raj Raghunathan (, Hardcover) | eBay

Prof. Raj Raghunathan offers life-changing tips that go beyond smartness and success to achieve a life of happiness and fulfillment. Author of If "You're So.