The gravity of the battle means nothing to those at peace
For Ali
It’s time to open my eyes and see that life is beautiful
Fig. 1

Fig. 2

Fig. 3

Happiness \geq \text{Your perception of the Events of your life} - \text{Your Expectations of how life should behave}
Fig. 4

Fig. 5
Fig. 6

Fig. 7
Fig. 8

Fig. 9

Input

Observation
Conditioning
Old Thoughts
Trapped Emotions
Hidden Triggers

The closest you may ever get to perceiving reality

That disturb your perception of reality
READ THE LETTERS IN THIS SENTENCE BACKWARDS
Gamma Waves
When brain is in hyperactivity

Beta Waves
When brain is active

Alpha Waves
When relaxed / in meditation

Theta Waves
When unfocused / drowsy

Delta Waves
When asleep
Fig. 26

Is there something to be gained by giving?

Is there a cost to holding on?

+?

-?

A Giver

A Gift

A Receiver

Is the gift even yours?

Is there a difference between us?

Fig. 27

Your Happiness

Your Income

Once basic needs are met, happiness no longer correlates to income

The income to help you buy what you actually need

The income that allows you to buy the fake modern world promises you desire

Copyright © Mo Gawdat 2022
The only way to increase happiness past the point when your basic needs are met is to give.
References

Introduction
3. Sadlier, A. ‘1 in 4 Americans feel they have no one to confide in’, New York Post (30 April 2019) [online]. Available at: nypost.com/2019/04/30/1-in-4-americans-feel-they-have-no-one-to-confide-in/

The Basics

Garbage In . . .
Under Attack

Practice Makes Miserable
4. Begum, T (2021). ‘What is mass extinction and are we facing a sixth one?’, Natural History Museum [online]. Available at: nhm.ac.uk/discover/what-is-mass-extinction-and-are-we-facing-a-sixth-one.html

Both of You

Talk Talk Talk


**Can you feel it?**


**Alchemy**


**Welcome to the Real World**


The Engineer in You
2. Sternberg, R. Successful Intelligence (New York: Plume, 1997).

The Mission is on the Right


