

HAPPINESS: a HISTORY

With Darrin McMahon, PhD



Happiness
was about
LUCK

HAP:

- (1) Fortune; chance
- (2) A happening; occurrence



It's
a
skill.



ARISTOTLE

HAPPINESS IS
living a complete
life WELL.

18th
century

- ☒ feelings
- ☒ pleasure
- ☒ a natural right



21st
CENTURY

BUY NOW



THE PURSUIT
of Happiness

WHAT
AM I
LACKING!

BUT WHAT
IF I'M NOT?
IS SOMETHING
WRONG WITH ME?

I SHOULD
BE HAPPY.

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livehappy.com #wakeuphappy