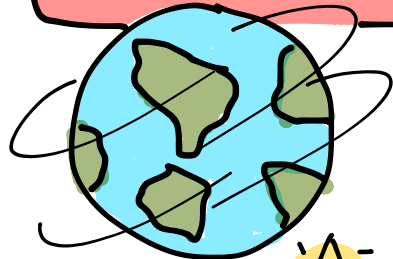




Happiness and Success with Shawn Achor!

#wakeuphappy

"We can choose how our brain looks at the world."



JOY

MULTIPLE realities

90% | 10%

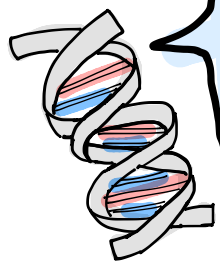
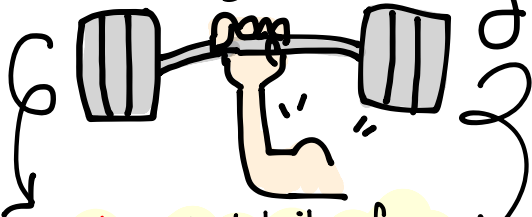
creativity
productivity

INTERNAL DIALOGUE

EXTERNAL FACTORS

"you do not have to be your genes, your childhood, your environment."

brain training



✓ Recall details of a meaningful experience.

✓ Exercise for 15mins.

✓ Write a simple thank you note.

(= 1 anti-depressant pill)

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