



The Surprising Science of Happiness




Dan Gilbert:

The surprising science of happiness

TED2004 · 21:16 · Filmed Feb 2004

 42 subtitle languages 

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Is *happiness* the same thing
as *contentment*?

What about *joy*?

Are these findings
surprising to you?

What role does **faith** play in
realizing **happiness**?
What about **joy**?

from the ACADEMY AWARD® nominated filmmakers of
GENGHIS BLUES and LONG NIGHT'S JOURNEY INTO DAY

happy
😊

Happiness is...

Friends and family

Meaningful lives

Loving relationships

Hope and faith

WADI RUM FILMS and SHADY ACRES presents a film by ROKO BELIC HAPPY with MARCI SHIMOFF starring ED DIENER, RICHARD DAVIDSON
SONJA LYUBOMIRSKY, MIHALY CSIKSZENTMIHALYI, DANIEL GILBERT, TIM KASSER, DALAI LAMA, MANOJ SINGH, MELISSA MOODY
RONALDO FADUL, ROY BLANCHARD, ANNE BECHSGAARD, ANDY WIMMER executive producer TOM SHADYAC produced by EIJI HAN SHIMIZU
FRANCES REID, ROKO BELIC associate producer ADRIAN BELIC, BHAGYASHREE RARORANE directed by ROKO BELIC
edited by VIVIEN HILLGROVE and ROKO BELIC music by MARK ADLER graphics by RELJA PENEZIC

www.TheHappyMovie.com

Ecclesiastes 9:7

Go, eat your food with
gladness, and drink your
wine with **a joyful heart**,
for it is now that God
favors what you do.

Can we be faithful followers of
Christ and *not* be **happy**?

How about **joyful**?

Psalms 30:5

For his anger lasts
only a moment,
but his favor lasts
a lifetime;
weeping may stay
for the night, but
**rejoicing comes in
the morning.**

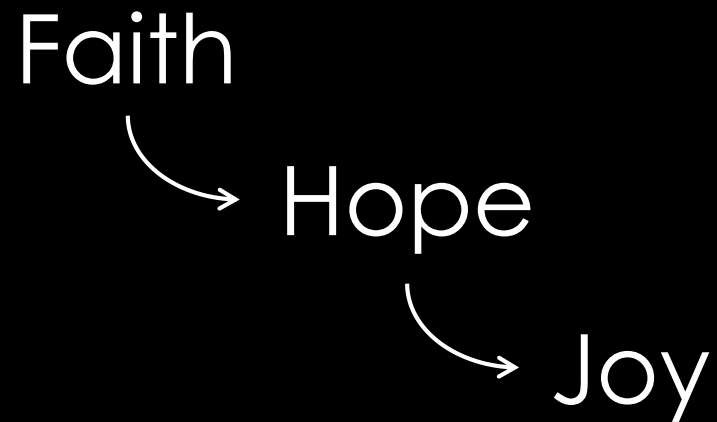
Psalms 30:11-12

You turned my
wailing into dancing;
you removed my
sackcloth and **clothed
me with joy, that my
heart may sing** your
praises and not be
silent...

My life flows on in endless song;
Above earth's lamentation,
I hear the sweetdagger, tho' far-off hymn
That hails a new creation;
Thro' all the tumult and the strife
I hear the music ringing;
It finds an echo in my soul—
How can I *keep* from singing?
What tho' my joys and comforts die?
The Lord my Saviour liveth;
What tho' the darkness gather round?
Songs in the night he giveth.
No storm can shake my inmost calm
While to that refuge clinging;
Since Christ is Lord of heaven and earth,
How can I *keep* from singing?
I lift my eyes; the cloud grows thin;
I see the blue above it;
And day by day this pathway smooths,
Since first I learned to love it,
The peace of Christ makes fresh my heart,
A fountain ever springing;
All things are mine since I am his—
How can I *keep* from singing?

How can I keep from singing?

*By American Baptist minister
Robert Wadsworth Lowry*



I'm most sad for atheists for this reason – that the most joy they can ever feel is limited by their human experience. It's all they believe they can have. How much joy is beyond their reach?

(How can I sing?)

So what is the recipe for happiness?

The answers may be simple to understand, hard to implement.

***Feed* happiness**

- smile (*reflect joy, share joy*)
- love and allow yourself to be loved
(*by each other and by God*)

***Starve* sadness**

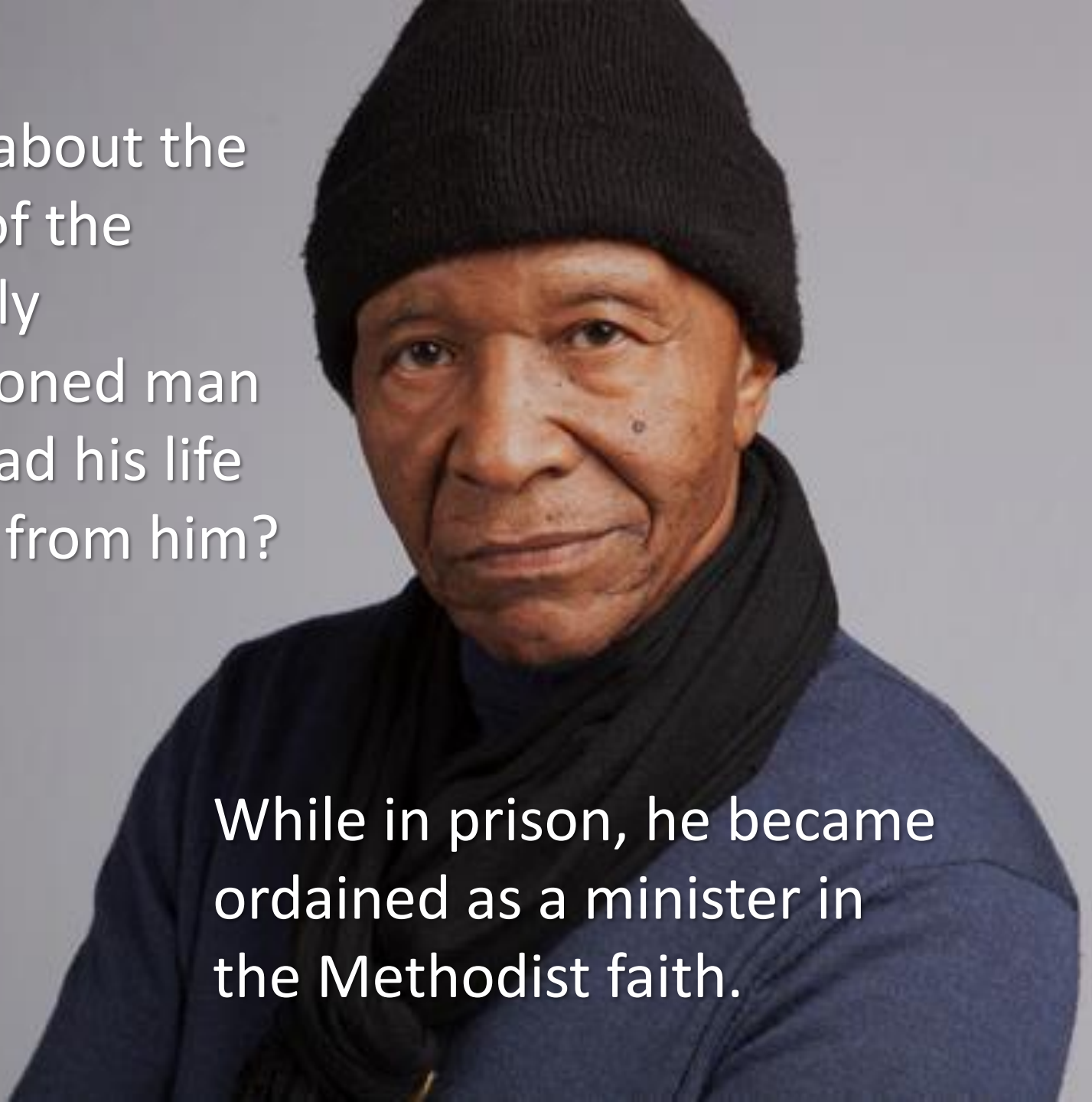
- pray/hope/believe
- do not despair

John 16:22

So with you: Now is your time of grief, but I will see you again and **you will rejoice**, and no one will take away your **joy**.

What about the story of the wrongly imprisoned man who had his life stolen from him?

While in prison, he became ordained as a minister in the Methodist faith.



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*...and the
not-as-surprising-
but-far-more-wonderful
blessing of Faith, Hope, & Joy*