

Stumbling on Happiness

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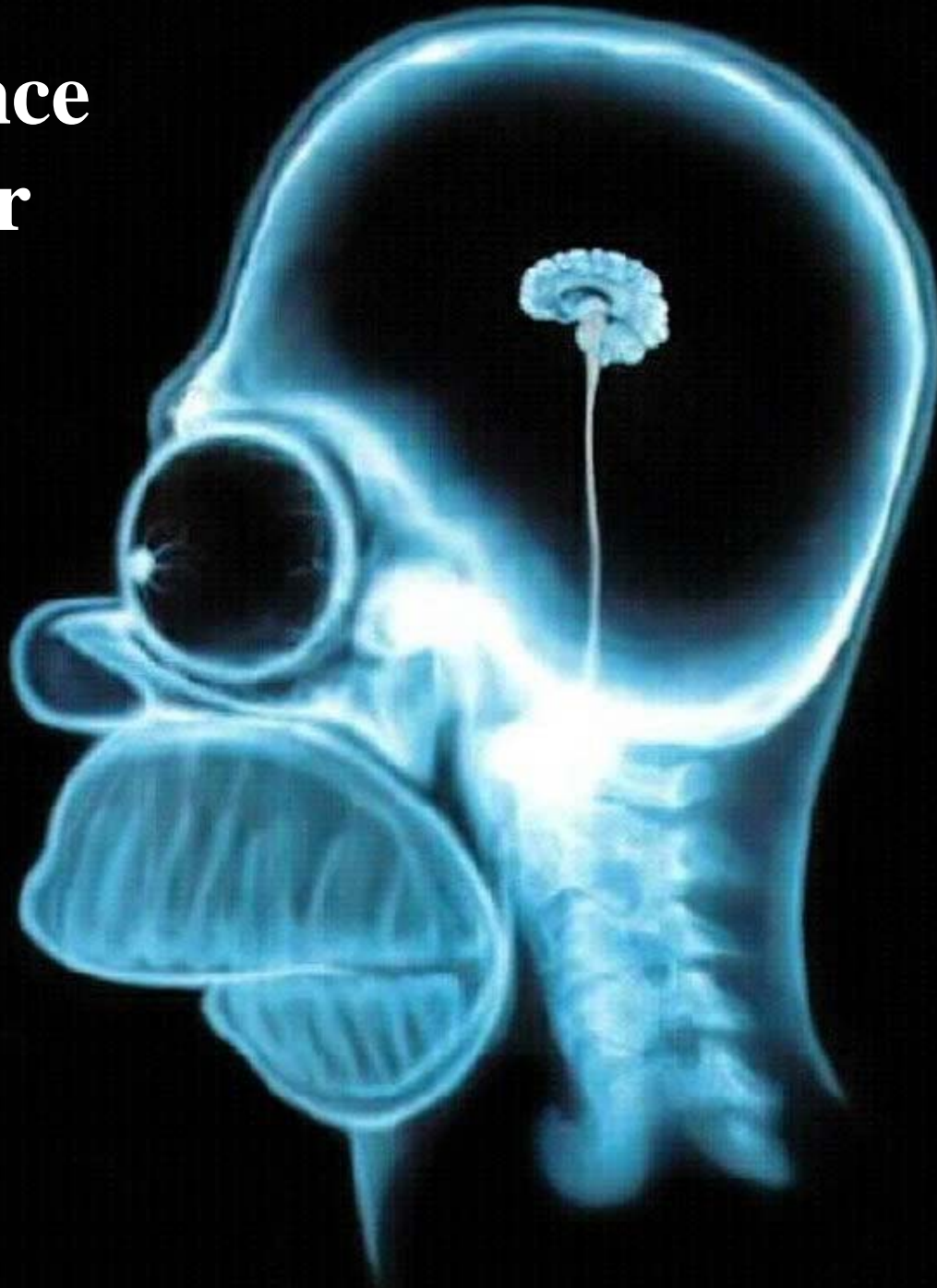
February 5, 2008

For more information go to: www2.bc.edu/~calvobra/teaching.htm

It may be hard to believe, but we can...

- **define** the word “happiness” in a precise and concrete way;
- **measure** or quantify happiness;
- **be** happy when we don't get what we want.

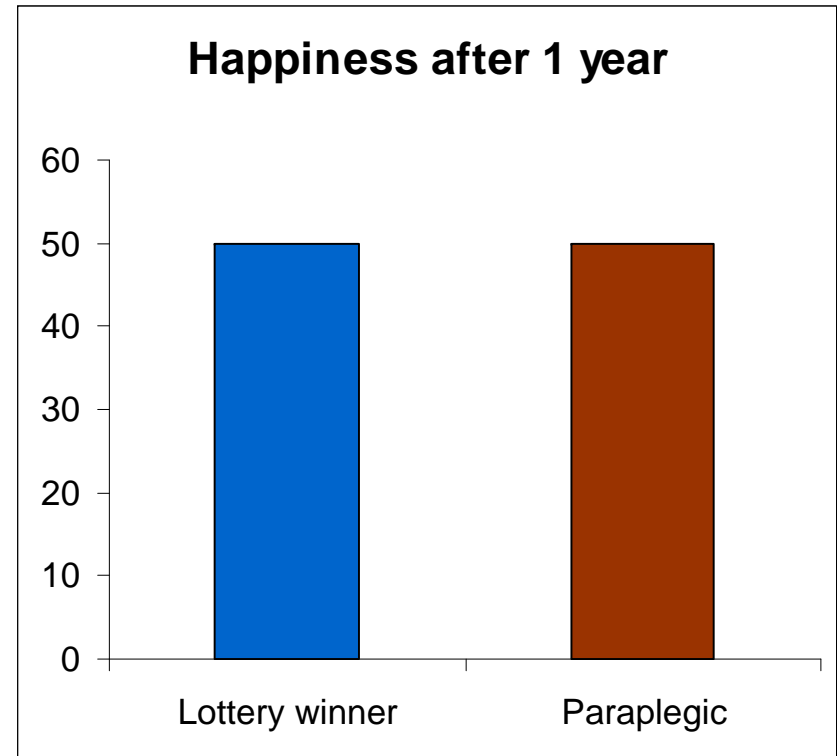
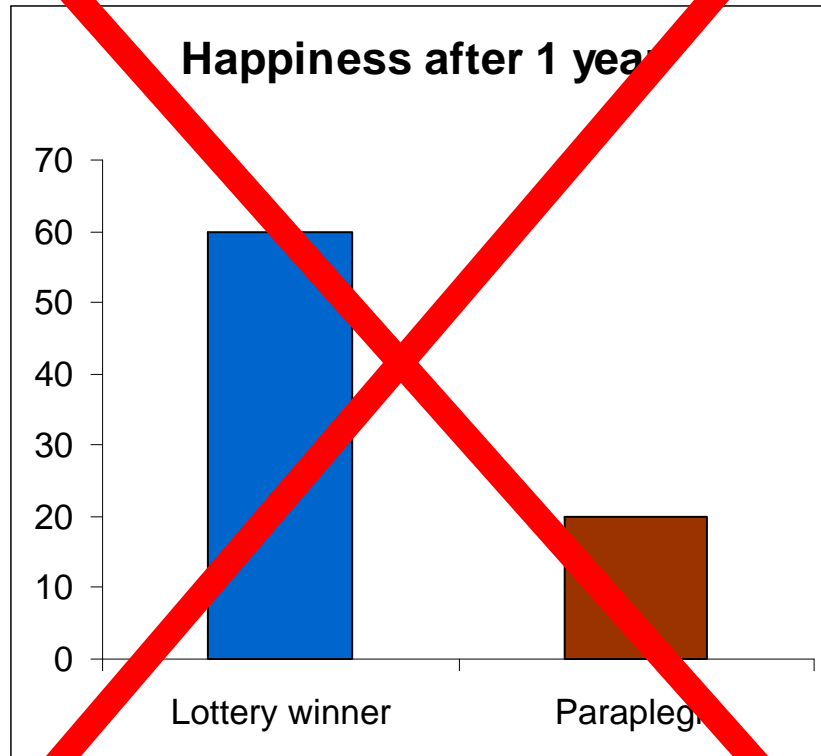
Experience simulator



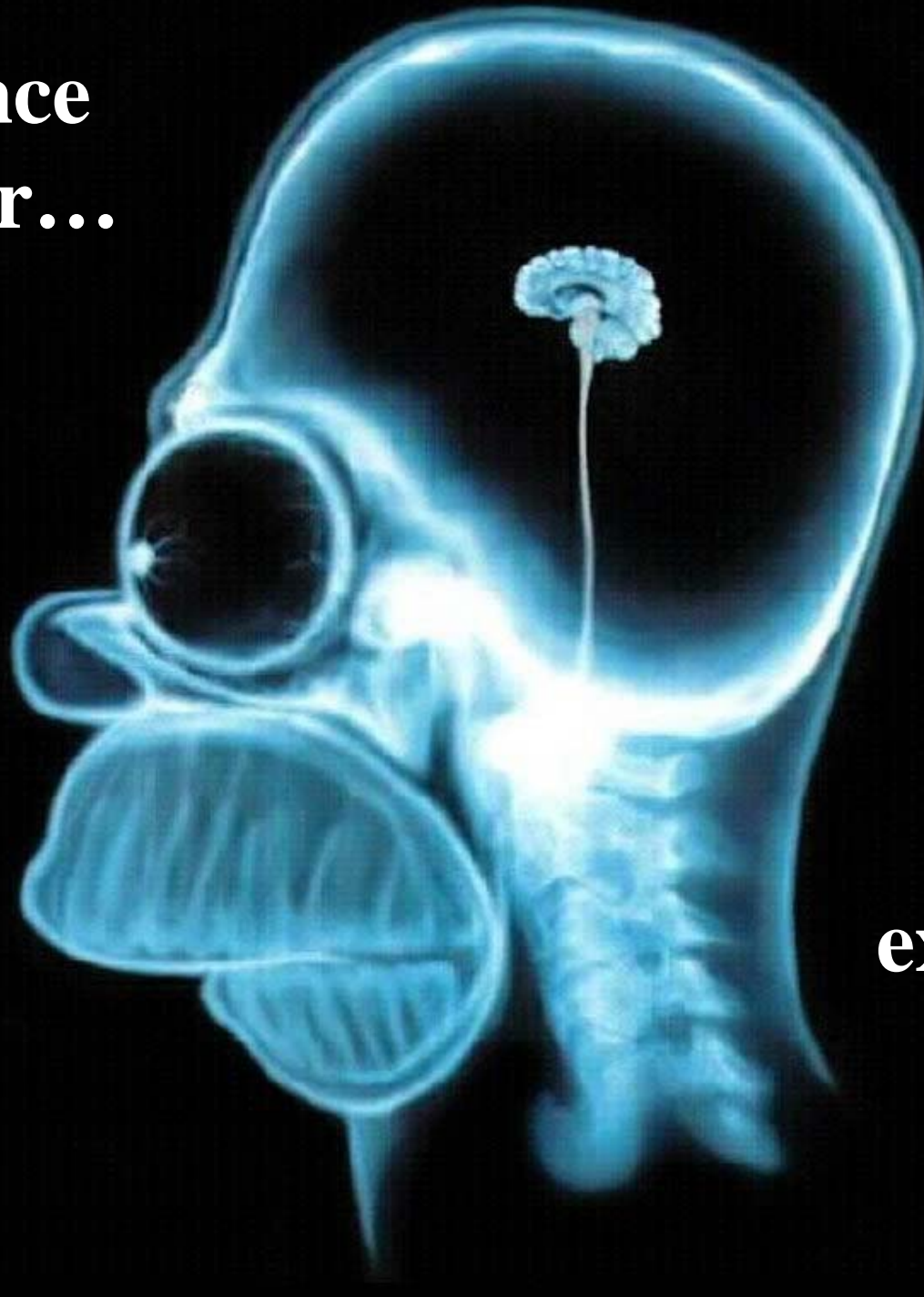
Sometimes we are very successful in
imagining our future



What do you prefer: win the lottery or become paraplegic?



**Experience
simulator...**



**...is too
exaggerated!**

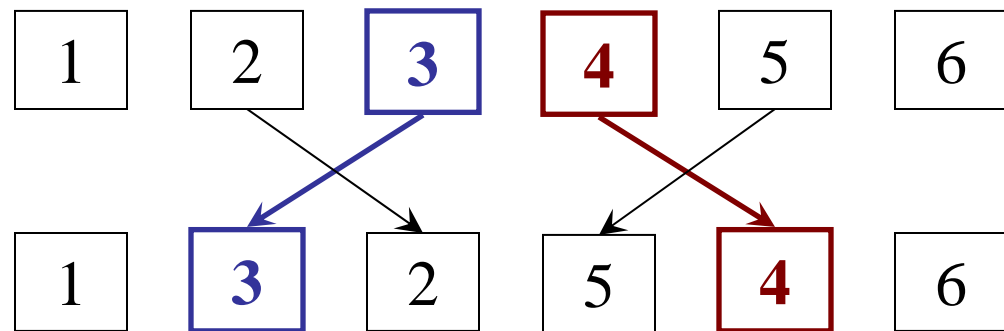
How would be your life if you
were not able to see and walk?



We can be happy when we don't get what we want

- Happiness without achievement (synthetic)
- Happiness with achievement (natural)

• Experiment:



“You can’t always get what you want. But if you try sometimes, well you might find, you get what you need.”



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