

# *Happy Aging*

Esteban Calvo, Ph.D.©

Department of Sociology, Boston College

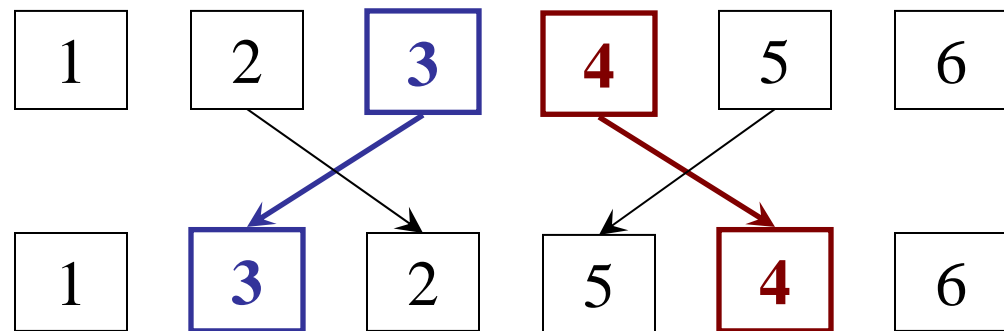
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# We can be happy when we don't get what we want

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

• Experiment:



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

...and we get better throughout our life course.

U-shape or flat line?



# We Age But Don't Always Become Happier

- Shouldn't we understand our future selves enough to make them happy?
- Why we seem to know so little about the people we are about to become?
- It is hard to predict what future we will enjoy the most.
- As we grow older, we become better at imagining our future.

# Why Can't We Just Be Here and Now?

Thinking about the future is automatic

...is enjoyable

...and can prevent pain

We try to control our futures because we believe  
we have a good idea about where to go.



# We Are Not That Clear About Where To Go

- Limitations to imagine our futures:
  - **Realism**: looks more real than what it is
  - **Presentism**: looks so much as the present
  - **Rationalization**: foreseeing how we will see

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