

An official formula to be happy ?

Five perspectives.

In his book "Solve For Happy", Mo Gawdat argues that happiness can be achieved thanks to certain steps, thanks to certain approaches.

Select some of his suggestions, interview five people and then decide for yourself:

So, is there actually a formula to obtain happiness ?

Are the suggestions in the book doable/unrealistic/easy/useful/useless ?

Things to do:

1) Purchase the book (20-25 CHF), read it and then choose 2-3 aspects that "speak" to you and that you wish to deepen.

2) Select 5 different people (a musician, an athlete, etc...) and get in touch with them.

3) Interview these five people:

Are they happy ? When do they feel happy ?

Is the issue of happiness present in their lives ?

Have they given much thought about it ?

4) Gather their opinions, analyze them and then come to a conclusion.

The subject requires mastery of both written and spoken English, since the final document will be presented in English.

3 participants max.

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