

Happier-ness with author Arthur Brooks

author:



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Synopsis

Youâ€™ll never achieve perfect happiness. This might sound like bad news, but itâ€™s actually a good thing. Because being happy is not a final destination, itâ€™s an ongoing practice. In short, itâ€™s *happier-ness*.

Thatâ€™s a term Arthur Brooks and Oprah Winfrey coined in their new book â€œBuild the Life You Wantâ€• where together they lay out a blueprint for a better life. And they would know: Arthur has studied the science of happiness for over 25 years, and I have never had a conversation with him that I havenâ€™t left with a life-changing perspective on what it means to live a meaningful life.

This conversation was no different.

This is a Bit of Optimism.

For more on Arthur and his work check out:

<https://www.amazon.com/Build-Life-You-Want-Science/dp/0593545400>

arthur brooks.com

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