



# Book Review

TITLE: The Happiness Advantage

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## PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

I watched his TED Talk and loved it. I enjoyed his sense of humour and what he presented about happiness driving success, rather than the other way around truly hit me and I wanted to know more.

## A-HA MOMENTS

What a-ha moments did you have when reading?

- Our brains are hardwired to perform best when positive (not negative or even neutral)
- Happiness can improve our physical health
- How much control we think we have is more important than how much actual control we have
- The top 10% of happiest people have strong social connections
- We influence/impact people up to 3 degrees from us (which is estimated to be about 1000 people)

## QUESTIONS

What questions do you have after reading that you want to investigate?

- How can we prime people with happiness triggers to improve problem solving?
- How can you use happiness to improve your team?
- How can I remove willpower from my decisions?
- How can I make create barriers to bad habits/choices so that they are harder to make (ie: make the distractions hard?)

## CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- Finding something to be excited about each day improves happiness (I do this in my daily journal already)
  - Losada Line: by improving a team's average positive interactions ratio, trust was build and productivity improved dramatically
- There is a battle between the lymbic system and the prefrontal cortex. When the thinker wins, we stay in control (EQ) which is important for happiness and success

## ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Create a smile list
- Find a goal: start small and grow from there (turtle steps) - focus on tiny, incremental changes
- Remove barriers (even small one) to form new habits

## POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

I loved this book and it will make it onto my reread list for sure. There were so many amazing insights in it and ideas that I want to teach and implement. It was a really engaging read and I found myself wanting to read more. I will also check out his other books.