WATCH THE VIDEO *THE HAPPINESS FORMULA* AND FILL IN THE BLANKS OF THE TRANSCRIPT BELOW WITH THE WORDS YOU HEAR.

THE HAPPINESS FORMULA

We work, we buy, and die.

We don't know why. The science of happiness says the is to rethink everything:

The rat race, give it up.

The rich, tax them.

, take more.

In short, transform the way we live.

New York City, capital of the world, where status as a designer is sewn inside. But does

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happiness come in a gift-wrapped and if it doesn't what on earth are we all doing?

It's a fundamental fact in the happiness , standard of living has increased dramatically and happiness has increased not at all and in some cases it has slightly. I mean, there's a lot of evidence that being richer isn't making us happier at least in the World, so we clearly need something else.

It's a huge . Put simply, the science shows that once average are more than 10000 pounds a year, extra riches don't make a country any happier.

We are stuck on a treadmill: in our for happiness, we work longer, farther, to get richer to buy more and yet the science of happiness suggests we should do exactly the opposite.

If only we could learn as a society to slow we might all be able to become happier. If we could all take more together…

The assumption that economic delivers happiness is suspect. The assumption that consumer can fulfill all these tasks for us, social psychological tasks, a sense of the meaning of my life through material possessions is deeply suspect and if we want to make progress, in human terms, if we want to happiness in any degree, then it is these assumptions that we have to re-examine.

It is starting to happen. Politicians are realizing that making people happy is as important as making people rich. The next task though is working out how to convince us all to change the way we live.

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