

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

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### **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

happiness come in a gift-wrapped  
what on earth are we all doing?

and if it doesn't

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  
clearly need something else.

World, so we

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.