



# **Happiness by Design: Summary of the Key Ideas - Original Book by Paul Dolan: Change What You Do, Not How You Think**

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## **Happiness by Design: Summary of the Key Ideas - Original Book by Paul Dolan: Change What You Do, Not How You Think** Evolvo

Our happiness largely depends on our behavior and what we pay attention to. To achieve an optimal balance of pleasure and purpose in what we do, we have to follow a three-step process of deciding, designing and doing. In this book, the author gives tips on how to organize our lives to become happier.

Who should read this book:

- People who are unhappy with their lives and want to find simple ways to feel better.
- Anyone who wants to know more about the concept of happiness.
- Anyone interested in learning how to adopt a more positive mindset.

In this summary:

Chapter 1: Think positive and focus on what makes you happy

Chapter 2: The activities we do should be pleasant and purposeful

Chapter 3: We can become happier by simply shifting our attention

Chapter 4: Our environment influences our unconscious behavior

Chapter 5: Wrong expectations can impact our happiness

Chapter 6: DECIDING happiness

Chapter 7: DESIGNING happiness

Chapter 8: DOING happiness

Chapter 9: Become happier by deciding, designing and doing

Chapter 10: Final Summary

Evolvo opinion

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