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Happiness by Design (Change What You Do, Not How You Think) by Paul Dolan, PhD - Book Review (Originally published in Brain World magazine) I am generally, not a big "self help" book reader - often I find them a bit too "hippie dippy" for my taste so I had doubts when I first opened the pages of "Happiness by

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happiness expert Paul Dolan reveals that the key to being happy does not lie in changing how we think--it's changing what we do"--

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"Change what you do, not how you think. You are what you do, your

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happiness is what you attend to, and you should attend to what makes you and those whom you care about happy.”

— Paul Dolan, Happiness by Design: Finding Pleasure and Purpose in Everyday Life 2 likes

## **Happiness By Design Quotes by Paul Dolan**

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The secret to happiness is selective attention. Authored by Professor Paul Dolan, experienced happiness researcher at the LSE, Happiness by Design: Change What You Do, Not How You Think is a behavioural economist's take on happiness. The book promotes a 'nudge' approach to becoming happier by making small changes to our

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by Design is the first to explain that happiness ultimately depends upon our experience of pleasure ...

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Prof Paul Dolan combines happiness research and behavioural science to show how happiness is less about how



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we think and more about how we act.  
This talk was filmed at an Action for  
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Do, Not How You Think - Paul Dolan  
(2014) This is not just another happiness

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book. In Happiness by Design, happiness and behavior expert Paul Dolan combines the latest insights from economics and psychology to illustrate that in order to be happy we must behave happy Our happiness is experiences of both pleasure and purpose over time and it depends on what we actually pay attention to.

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"Pretty much all the advice about happiness we have heard revolves around one basic assumption: that we can think ourselves happier. But in **HAPPINESS BY DESIGN**, behavior and happiness expert Paul Dolan reveals that the key to being happy does not lie in changing how we think--it's changing what we do"--

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There are a slew of books on the market dictating programs for achieving happiness, but Happiness by Design is the first to explain that happiness ultimately depends upon our experience of pleasure and purpose over time—and

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everyone has their own optimal balance.

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