



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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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

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Minerva Gagliano:

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Eileen Matherly:

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