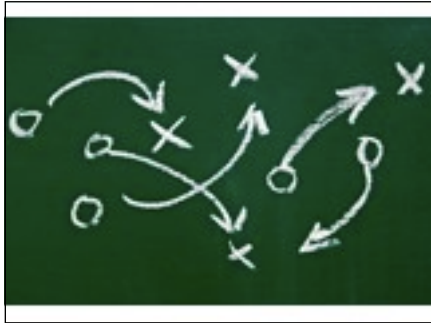




1



2



3



4

social intelligence
gratitude
optimism
curiosity
grit
self-control
zest

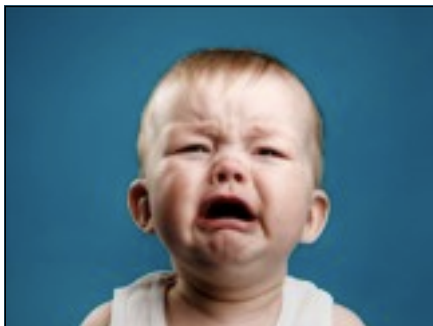
5



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15

success → happiness?

16

happiness → success!

17

happiness is
hugely
functional

18



19



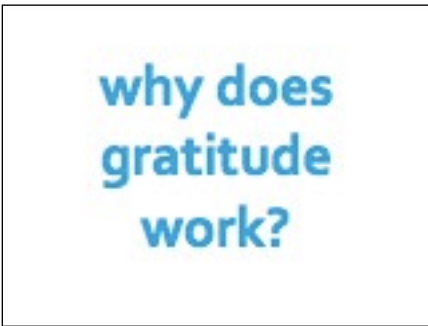
20



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26

2.
it's not about
getting
what you want

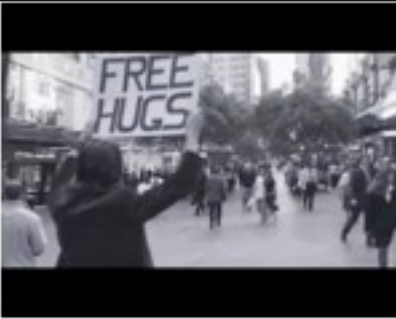
27

why does it
work?

28

how?

29

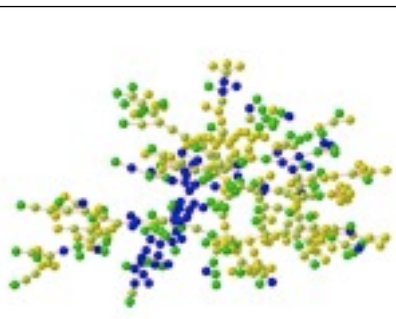


30



**3. take care of your
own happiness first**

31



32



33



34



35
