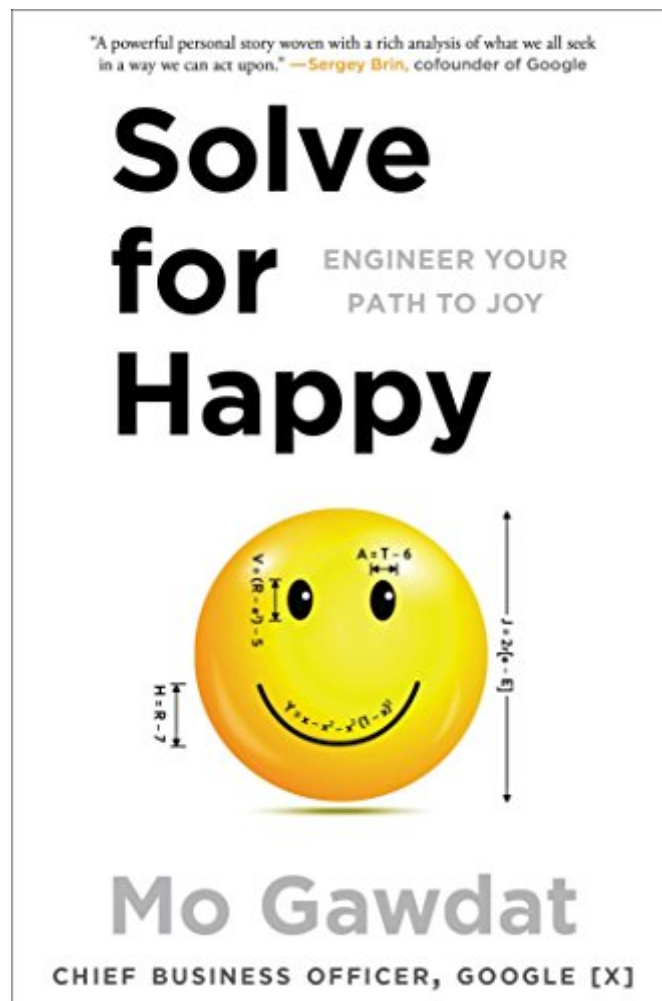


The book was found

Solve For Happy: Engineer Your Path To Joy



Synopsis

Mo Gawdat is a remarkable thinker and the Chief Business Officer at Google's [X], an elite team of engineers that comprise Google's futuristic "dream factory". Applying his superior skills of logic and problem solving to the issue of happiness, he proposes an algorithm based on an understanding of how the brain takes in and processes joy and sadness. Then he solves for happy. In 2001 Mo Gawdat realized that despite his incredible success, he was desperately unhappy. A lifelong learner, he attacked the problem as an engineer would: examining all the provable facts and scrupulously applying logic. Eventually, his countless hours of research and science proved successful, and he discovered the equation for permanent happiness. Thirteen years later, Mo's algorithm would be put to the ultimate test. After the sudden death of his son, Ali, Mo and his family turned to his equation and it saved them from despair. In dealing with the horrible loss, Mo found his mission: he would pull off the type of "moonshot" goal that he and his colleagues were always aiming for - he would share his equation with the world and help as many people as possible become happier. In *Solve for Happy* Mo questions some of the most fundamental aspects of our existence, shares the underlying reasons for suffering, and plots out a step-by-step process for achieving lifelong happiness and enduring contentment. He shows us how to view life through a clear lens, teaching us how to dispel the illusions that cloud our thinking; overcome the brain's blind spots; and embrace five ultimate truths. No matter what obstacles we face, what burdens we bear, what trials we've experienced, we can all be content with our present situation and optimistic about the future.

Book Information

File Size: 11093 KB

Print Length: 368 pages

Publisher: North Star Way (March 21, 2017)

Publication Date: March 21, 2017

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B01H0IOZQ4

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #754 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in [Books >](#)

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Customer Reviews

The best book I have read on the subject of happiness. Written so well with terrific anecdotes about how to replace thoughts with those that work for you. Highly recommended.

I cannot emphasize how excellent this book is. It is thought-provoking and immensely packed with very trippy, but easy to comprehend philosophy and science. The tips are easy to implement, and the content is entirely engaging. This guy is great, and I absolutely adore this book. I'm already reading it a second time.

I like every single word, though, question, idea... presented here. It entered my top 10 favorite book list immediately. Highly recommended.

If you're reading this review, the book has already found you. This Mo guy is not your typical self-help author (not that I have anything against them, I'm one of those hippie-nerdy types who has an entire bookshelf dedicated to books on happiness :). He's probably the last person you'd expect to write a book like this (a Silicon Valley high tech executive) but I think that's part of what sets it apart -- it's a very carefully compiled set of insights with one goal only -- your happiness. I challenge you to read this book and *not* end up questioning some of your most deeply held beliefs -- in the most wonderful, enlightening, and life-freeing way. Just flip to any chapter and prepare to have your mind delightfully blown-- there's so many surprising topics you wouldn't expect to find within one cover. I can't wait until this book gets into the hands, minds and hearts of millions because it will truly spark a revolution within our collective consciousness, irreversibly raising our capacity to enjoy life as it's meant to be lived. I'm so grateful for Mo's dedication to sharing his many years of personal research and the equation that has passed the ultimate test of any human being's resilience... truly a gift that I have already begun to share with everyone I can.

Very impressed with this book. For an author to experience his own personal tragedy, I was impressed with his ability to put life experiences in perspective and move forward with his life.

This is a wonderful book. Everyone can benefit from the content--I know I certainly have.

Mind is blown!!! I just finished (gulped) the book. And then did a crazy thing, I emailed the author which I've never done before (nor have I written a review!), before you think I'm nuts he does make an invitation at the end of your book. It truly resonated - particularly the philosophy of 'choose happy' which has been my mantra ever since I was young. But sometimes the line between hedonism vs. happy has blurred, and this was a timely reminder. He got me already on the early pages but reading about death/time in terms of quantum physics (yup!) actually made total sense to me, and then he takes on the existence of god through probability math, still processing that my. mind. is. officially. blown. Gotta read it again next year! An amazing book - I choose happy!

this book helped me understand many things i really appreciate the authors effort to get his message be understood. i hope to practice many of the ideas.

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