

WELCOME JCI!

At: Is Everybody Happy?
The 6th of May 2016
In Zoeterwoude Rijndijk

A lecture by Jaap Vriend from
www.gelukvoorbeginners.nl





The view of my youth

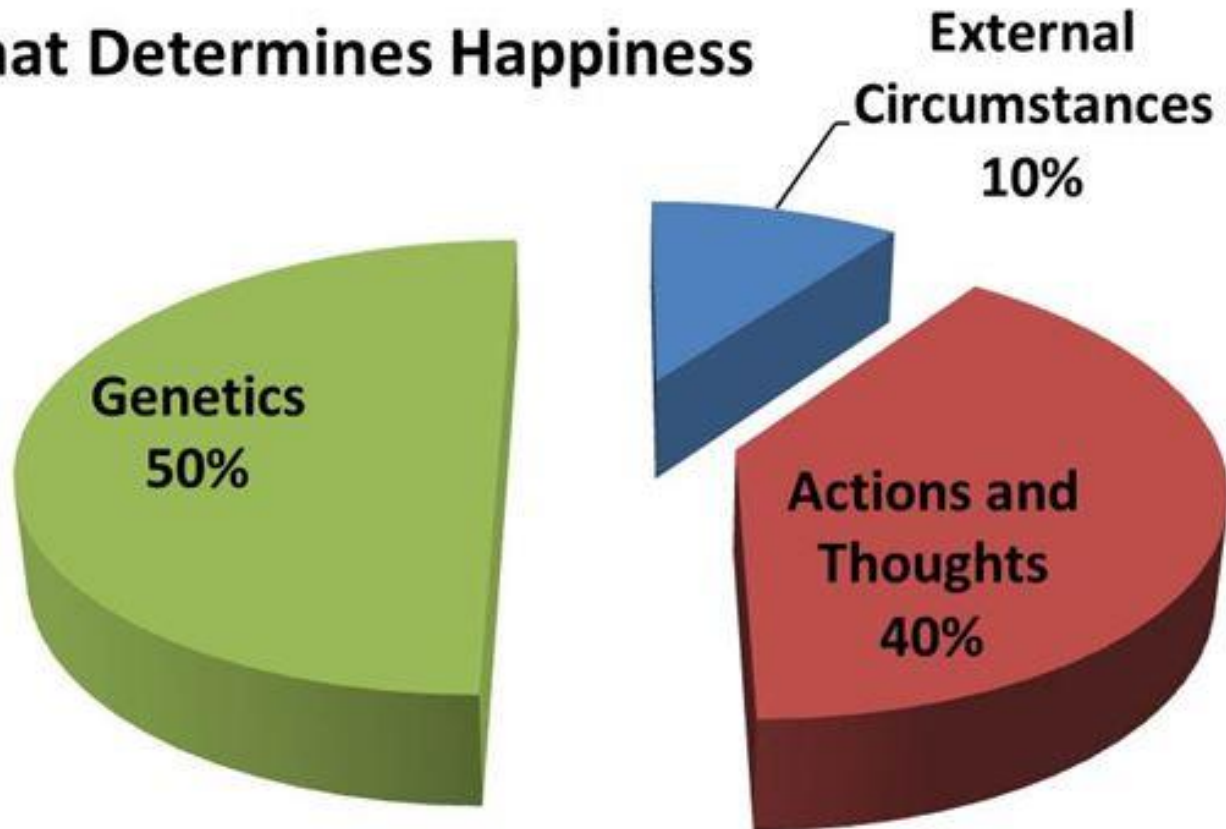


Happy Marketing!



Aristotle said: Happiness is the ultimate purpose of human existence

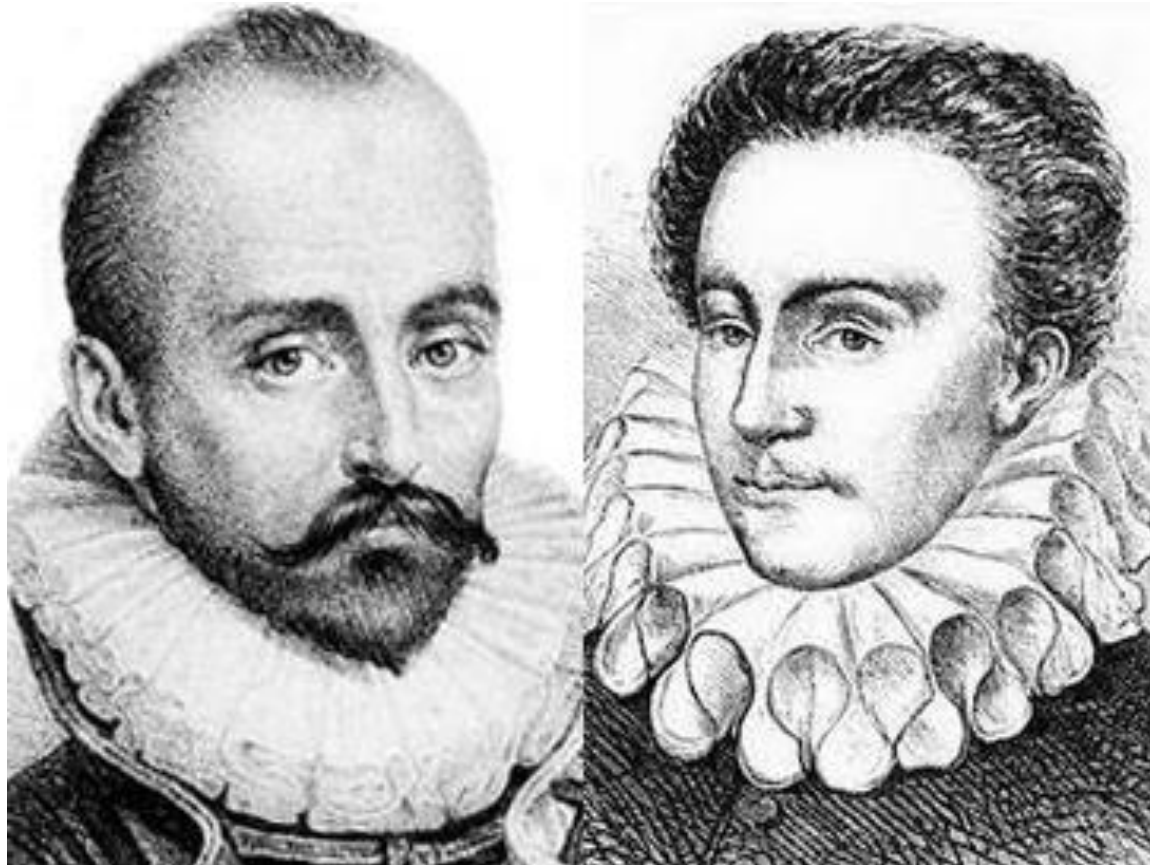
What Determines Happiness



Source: Sonja Lyubomirsky, Ph.D.
University of California, Riverside

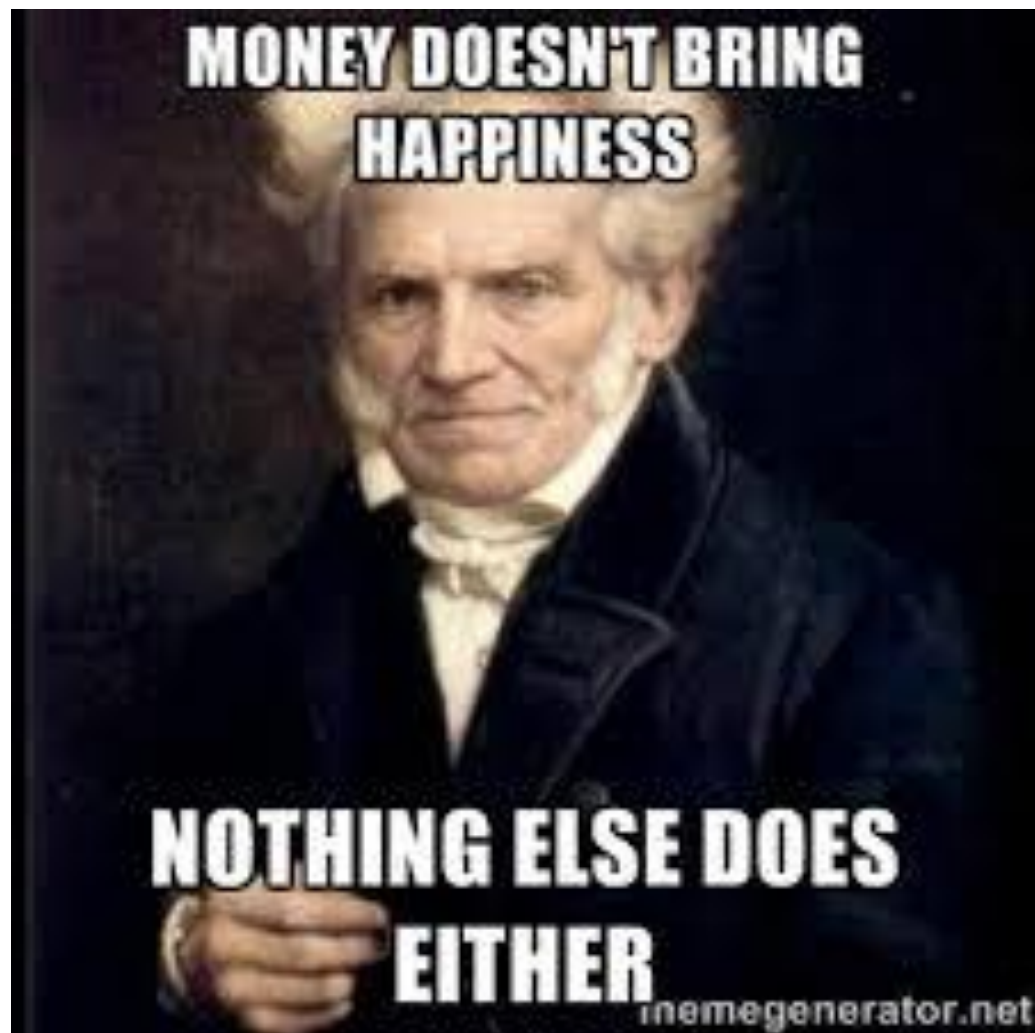


How much is enough?



“Because it was him, because it was me.”

Michel de Montaigne

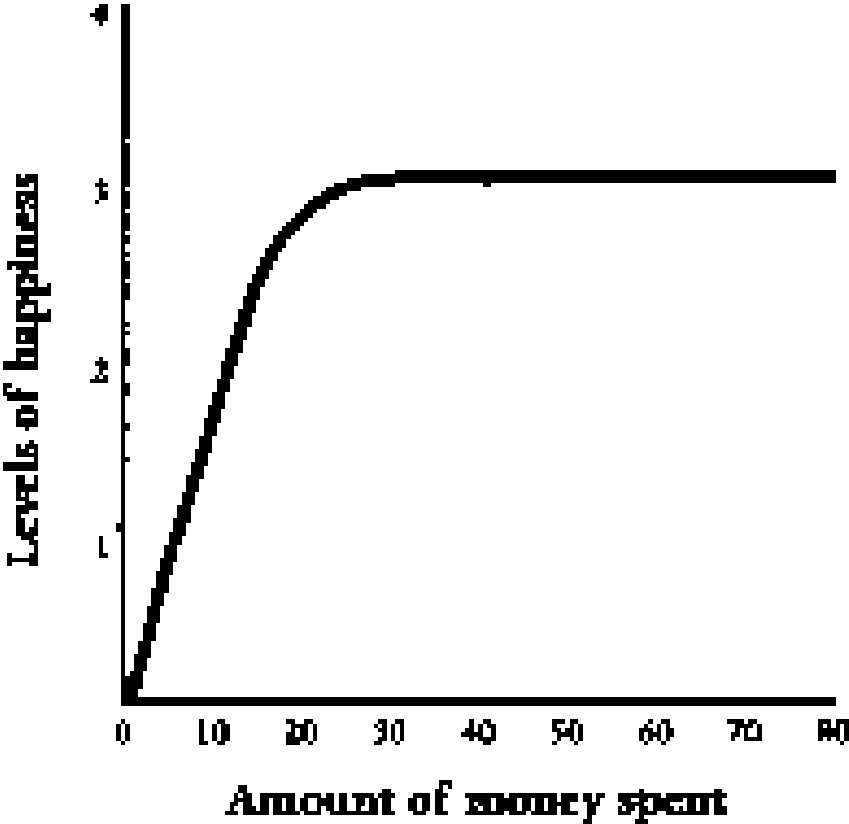


**Arthur Schopenhauer:
world's greatest pessimist**



**Money = Canned
happiness**

**RELATION OF HAPPINESS TO MONEY FOR SOMEONE
WITH FRIENDS, FREEDOM, ETC.**





Ubuntu: the philosophy of the we

Key factors for a happy life by Sonja Lyubomirsky

1. Expressing gratitude
2. Cultivate optimism
3. Don't compare things socially
4. Be friendly
- 5. Nurturing social relations**
6. Coping with life tragedies
7. Forgiveness
8. Increase flow experiences
9. Enjoy life
- 10. Set goals**
11. Be religious or spiritual
- 12. Exercise**

Want to have this presentation?

Please visit:

www.gelukvoorbeginners.nl/JCI

**Including background information
like the how *How of happiness song*
and a video about an adventure
with a pencil in Edinburgh.**