Ted Talk – Dan Gilbert
The Surprising Science of Happiness

October 1\textsuperscript{st}, 2013
BSPA: Satu, Wendy, and Eiko
Guest Speaker: Renata
One of the Greatest Contributing Factors to Happiness

http://www.upworthy.com/scientists-discover-one-of-the-greatest-contributing-factors-to-happiness-youll-thank-me
http://www.theatlantic.com/magazine/archive/2013/05/thanks-mom/309287/
· www.ted.com/playlists/4/what_makes_us_happy.html
http://content.time.com/time/interactive/0,31813,2028980,00.html
http://www.pbs.org/newshour/rundown/2013/06/what-makes-us-happy.html
Who is Dan Gilbert?

Daniel Todd Gilbert is Professor of Psychology at Harvard University. He is a social psychologist known for his research on affective forecasting, with a special emphasis on cognitive biases such as the impact bias. He is the author of the international bestseller Stumbling on Happiness.

http://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy.html
Dan Gilbert – The Surprising Science of Happiness

Questions to think about and share with your group.

• What makes you happy?
• When was the happiest moment of your life?
• When was the last time you made somebody happy? How?
• What happy memories are you planning to make while your stay in Bay Area?
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- [http://spousesandpartners.berkeley.edu/](http://spousesandpartners.berkeley.edu/)
- Click the green button to fill out the welcome form

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- [https://www.facebook.com/ucbospa](https://www.facebook.com/ucbospa)
Social Meetings

Friday Morning Intercultural Coffee Hour
- Every Friday at Cafe Strada from 11 a.m. to 1 a.m. It is run by Yvonne
- https://www.facebook.com/groups/fulfillinglife/

Berkeley Wives Happy Hour
- Once a month, usually from 7-10 p.m. It is run by Doro
- https://www.facebook.com/berkeleywives

Language Café Berkeley
- Every Tuesday at Floor Cafe from 5 p.m. to 7 p.m. It is run by Satu.

The Center/YWCA
- Every Thursday at YWCA, 2600 Bancroft Way, from 10 a.m. to 12 p.m.
  Organized by volunteers of the University Section Club. You can come with children.