

# CHOOSING HAPPINESS WITH ROBERT MACK

<https://silosolo.com/643421>

## Summary

In this podcast episode, the host welcomes Robert Mack, a positive psychology expert and happiness coach. Robert shares his personal journey of going from extreme unhappiness and contemplating suicide to finding peace and well-being. He explains that positive psychology is the study of what makes life worth living and the relationship between happiness and success. Robert discusses the process of rewiring the brain for happiness, which takes time and consistent effort. He emphasizes the importance of understanding that the journey to happiness and success is not quick or easy, and it requires perseverance and dedication.

## Silo sample questions

- Who is the guest and what is his expertise?
- What is positive psychology?
- What was the guest's personal journey?
- How long does it take to rewire the brain for happiness?
- What is the important thing for aspiring individuals to understand?

## Topics

Introduction of the guest

Guest's personal journey

Positive psychology and its purpose

Rewiring the brain for happiness

The journey to happiness and success

## Key Takeaways

- The guest is Robert Mack, an Ivy League educated positive psychology expert, celebrity happiness coach, executive coach, and author.
- He studied under Martin Seligman, the founder of positive psychology.
- His work has been endorsed by Oprah Winfrey, Vanessa Williams, and others.
- Positive psychology is the study of what makes life worth living and the relationship between happiness and success.
- Robert Mack went through a period of extreme unhappiness and contemplated suicide before finding peace and well-being.

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