

# More Happiness + Success with Robert Mack - Terri Cole

<https://silosolo.com/641693>

## Summary

In the video, Robert Mack, an expert on the relationship between happiness and success, discusses his struggles with unhappiness and depression and how he discovered positive psychology. He emphasizes the importance of focusing on what is right with people and leveraging their strengths for happiness. Mack shares that he started taking steps towards a happier life, even if they were uncomfortable. For him, happiness became a life or death proposition, and he committed to living happily.

## Silo sample questions

- What is Robert Mack's area of expertise?
- What is the title of Robert Mack's book?
- What led Robert Mack to positive psychology?
- What did Robert Mack learn from positive psychology?
- What steps did Robert Mack take towards a happier life?

## Topics

Relationship between happiness and success

Positive psychology

Struggles with unhappiness and depression

Discovering the importance of focusing on strengths

Taking steps towards happiness

## Key Takeaways

- The guest in the video is Robert Mack, an expert on the relationship between happiness and success.
- Robert Mack has written a book called Happiness from the Inside Out.
- He was unhappy and anxious from a young age and struggled with depression and suicidal ideation for two decades.
- He discovered positive psychology and found that focusing on what is right with people and leveraging their strengths can lead to happiness.
- He started taking steps towards a happier life, even if they were uncomfortable.

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