

# Celebrity Happiness Coach, Robert Mack - That's How You Feel? Podcast EP. 24

<https://silosolo.com/774410>

## Summary

The guest on the podcast is Robert Mack, an Ivy League educated positive psychology expert and celebrity happiness coach. He had a difficult upbringing and struggled with unhappiness and depression. However, he discovered a glimmer of joy when attempting suicide and decided to research and practice methods to improve his happiness. He eventually dug himself out of depression and went on to study applied positive psychology, earning a master's degree in it. Robert Mack emphasizes the broad and deep research around happiness and the various factors that contribute to a happier life. He believes that happiness can be controlled and improved.

## Silo sample questions

- Who is the guest on the podcast?
- How did Robert Mack start his journey to improve his happiness?
- What did Robert Mack study in school?
- What is the main message of the podcast episode?

## Topics

Background and upbringing

Experience with depression

Research and methods to improve happiness

Study of applied positive psychology

The broad and deep research around happiness

The control and improvement of happiness

## Key Takeaways

- The guest is Robert Mack, an Ivy League educated positive psychology expert and celebrity happiness coach.
- Robert Mack grew up unhappy and became depressed and suicidal, but found a glimmer of hope and joy when attempting suicide.
- He started researching and practicing methods to improve his happiness and slowly dug himself out of depression.
- Robert Mack studied applied positive psychology and holds a master's degree in it.
- He was surprised to discover a program focused on the science of happiness and realized how broad and deep the research around happiness is.

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