

## **DANIEL GILBERT THEMES**

### **TITLE: HAPPINESS: WHAT YOUR MOTHER DIDN'T TELL YOU**

Most of us think we know what would make us happy and that our only problem is getting it. But research in psychology, economics, and neuroscience shows that people are not very good at predicting what will make them happy, how happy it will make them, and how long that happiness will last. Is the problem that we can't really imagine what our futures will hold? Is the problem that society lies to us about the true sources of human happiness? Yes, and yes again. Professor Gilbert will explain why, when it comes to finding happiness, we can't always trust our imaginations—or our mothers.

### **TITLE: HOW TO DO PRECISELY THE RIGHT THING AT ALL POSSIBLE TIMES**

Floss daily, save for retirement, and don't wear plaid pants before or after Labor Day. Most experts tell us *what* to decide but they don't tell us how, and so the moment we face a novel decision—should I move to Cleveland or Anchorage? Marry Jennifer or Joanne? Become an architect or a pastry chef?—we're lost. Is there any way to know how to do precisely the right thing at all possible times? In fact, there is a simple method for making decisions that most people find easy to understand and impossible to follow. New research in psychology, neuroscience, and behavioral economics explains why.