Entrepreneur and Writer Mo Gawdat Talks About Happiness and 'The Happiness Equation'

Mo Gawdat is an Egyptian entrepreneur and writer. He is a well-known expert on happiness, and has written a best selling book on the subject named *"Solve for Happy: Engineering Your Path to Joy"*. He also spent many years working for Google X, Google's innovation department, where he became an expert in Artificial Intelligence. He has also written a book on AI entitled *"Scary Smart: The Future of Artificial Intelligence and How You Can Save Our World".*

Mo Gawdat is originally from Egypt. He speaks with an accent which in my experience is similar among Arabic native speakers when speaking English. Watch the video in the link below, and answer the questions with as much information as possible.

https://www.youtube.com/watch?v=csA9YhzYvmk

Vocabulary to check before answering the questions:

to mute something - to turn off the sound of something.
a blind-spot - an area that you are not able to see, or a topic that you are not able to understand or even attempt to understand.
to blur something - to make something difficult to see clearly.
a beta version - a version of software for testing before its general release.

1. **(28:04-29:38)** According to Mo Gawdat, what makes us happy and what is the 'happiness equation'?

2. **(29:38-30:18)** Why are we happy in nature, and what has no-one ever said in nature?

3. **(30:18-31:04)** What were we wrongly told about happiness, and what doesn't matter?

4. **(31:04-32:14)** What two situations does Mo Gawdat describe here, and how does he relate them to happiness?

5. **(32:14-32:37)** What can blur our idea of happiness, and why do these exist?

6. **(32:37-33:31)** What illusion can cause us to feel unhappy, and according to the happiness equation, why can it cause us to feel unhappy?

7. **(33:31-33:46)** Why does Mo Gawdat struggle with this illusion, what do you think is implied by his comments here?

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8. **(33:46-34:19)** How did Mo Gawdat take this illusion to an extreme level with his wife?

9. **(34:19-34:40)** What are 6 illusions that can disrupt your view of what to expect from life?

10. **(34:40-35:55)** What is a 'blind spot', and what examples are given to illustrate this?

11. **(35:55-37:02)** What does the interviewer assume about the viewers at this point in the interview and why?

12. **(37:07-37:35)** What are the exact words that Mo Gawdat says in these 28 seconds?

13. **(37:35-37:57)** What happened on page 11 of Mo Gawdat's book "Solve for Happy" and why?

14. **(38:32-39:30)** What does 'neuroplasticity' tell us, and how do we make ourselves unhappy?