

# Become Happier by Learning & Applying Psychological Science

1. Science

# 1. misconception

2. Practice

# 2. Why our expectations are so bad

# 3. What stuff actually increase happiness

# 4. Strategies to reset our expectations

# 5. Putting strategy into practice

Why now

1. Science of psychology

has insights!

2. Students needs those insight badly

3. I need those insights

What is the G.I. Joe Fallacy

knowing is not enough

vision v.s. metaphor

the mistaken idea that "knowing  
is half the battle"