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# Summary of “What Makes Life Good”

YouTube channel: Talks at Google

## Original Source

Robert Waldinger | What Makes Life Good ([YouTube](#) 43 mins)

## Jottings

- 83 year old (from 1938) study of 724 white men, right from their young age
- What makes people thrive?
  - Happiness is does not mean Happy-ness all the time.
  - Happiness == Well-being
  - Having basics rights so that you are ok even in bad situations.
  - Quality of relationships with others is pivotal, for both physical and mental well-being.
- Physical well-being: exercise, good sleep, good eat, no additions
- Mental well being: good relationships, [communities, tribes, social credit ( from other studies)]
- Finding tribe: Investing something beyond self and family.
- Joy of now vs Joy of future: either extreme is bad. Do both.
- Frozen life in Covid: {forced closeness : Keep distance}, {challenging to meet : reach out}





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- The new economy: Happiness is the new driver. Ministries in governments. Policies for well-being.
- What next, for the study? : study children/grand-children, for, how digital is connecting/dis-connecting us?
- Drugs/alcoholism due to emotional driver, primary cause of un-happiness.
- Don't detach, but be emotionally flexible to be accommodative in the situations.
- Good relationships decrease chronic inflammation, using genetics, epigenetics, etc.
- Happier people had better communication amongst brain areas.

*The above summary was also posted in the Comments section of the original [YouTube](#) video.*

