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# The Equation of True Happiness

Based on talks by Arthur C Brooks



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In the ceaseless quest for happiness, we often find ourselves on a never-ending pursuit of elusive dreams and desires. But what if I told you that happiness could be broken down into a simple equation? It might sound like a mathematical abstraction, but the equation proposed by Arthur C. Brooks can provide profound insights into how we can lead happier lives.

Here is the equation of true happiness:

$$\text{Happiness} = \text{Enjoyment} + \text{Meaning} + \text{Satisfaction}.$$

### **Enjoyment**

Enjoyment forms the cornerstone of happiness, but it's more than just the fleeting pleasure of materialistic pursuits. It involves the intersection of pleasure and higher consciousness. While material pleasures are transitory, lasting enjoyment is derived from shared experiences with others.

$$\text{Enjoyment} = \text{pleasure} + \text{higher consciousness}$$

Think about the last time you savored a delicious meal in the company of loved ones. The taste of the food is fleeting, but the laughter, conversations, and connection with others elevate the experience to a realm of true enjoyment. It's in these shared moments that happiness finds its roots.

### **Meaning**

Meaning is the intricate cloth woven from coherence, purpose, and significance. Coherence reminds us that life unfolds for a reason, even in the face of adversity. Purpose challenges us to discover what we are willing to live for and, more importantly, what we are willing to die for. Significance underscores the belief that our lives matter, that we can make a difference in the world.

$$\text{Meaning} = \text{Coherence} + \text{Purpose} + \text{Significance}$$

The sacredness of suffering is an integral part of finding meaning in life. Suffering can serve as a catalyst for personal growth and transformation. It's through adversity that we often unearth the deepest meaning in our lives. When we embrace our suffering as part of our journey, it takes on a sacred quality.

### **Satisfaction**

Satisfaction is the third element of the happiness equation. It hinges on the balance between what we have and what we desire. True satisfaction is not about accumulating more possessions but rather minimizing our wants. It is ephemeral, arising when we accomplish a goal, only to fade away as our mental state returns to equilibrium.

$$\text{Satisfaction} = \text{haves} / \text{wants}$$

Many fall into the trap of the “Strivers Curse,” believing that high achievement is the path to happiness. However, as we accumulate more, we often discover that true contentment remains elusive. The secret lies in simplifying our lives, in letting go of the unnecessary burdens we carry.

### **Unearthing Beauty by Letting Go**

Imagine a sculpture hidden within a block of marble. To reveal the masterpiece within, a sculptor chips away at the excess material. Similarly, in our pursuit of happiness, we must shed the superfluous to find our true selves.

Consider creating a reverse bucket list — an inventory of the things and experiences that are closest to your heart. These may include cherished relationships, moments of profound connection, or even the breathtaking views that have left you in awe. While goals and intentions are admirable, it’s essential to approach them with detachment. Enjoy the journey, for it is often more enriching than the destination itself.

### **Going Small**

In the grand expanse of the universe, we may feel insignificant, like a grain of sand on a vast beach. Yet, it’s within our seemingly small actions and choices that we find our true significance. It’s the smile we share with a stranger, the kind word we offer to a friend in need, or the act of giving without expecting anything in return. These seemingly insignificant actions ripple through the world, touching lives in ways we may never fully comprehend.

$$\text{Choice} = \text{Happiness} > \text{Special}$$

In our relentless pursuit of the extraordinary and special, we often overlook the everyday choices that lead to happiness. Happiness is not confined to rare and extraordinary moments. It is found in the everyday choices we make, in our ability to savor simple pleasures, and in our capacity to find meaning, even in the face of adversity.

In conclusion, the equation of true happiness, as proposed by Arthur C. Brooks, reveals that happiness is not an unattainable dream. It is an attainable reality, comprised of enjoyment, meaning, and satisfaction. It's about transcending materialistic pleasures, discovering coherence in life's experiences, and simplifying our desires. It's about embracing the small moments, the seemingly insignificant actions, and choosing happiness above all else.

## References



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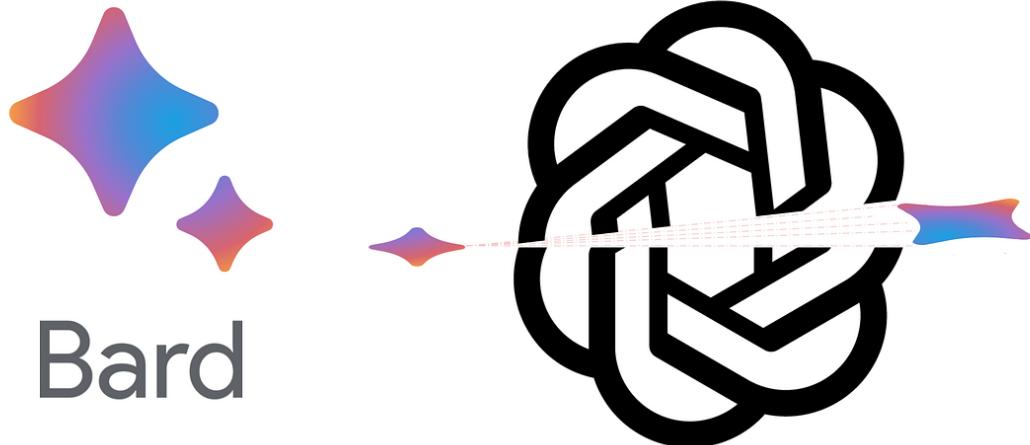


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The screenshot shows the VS Code interface with several files open in the editor:

- `home.tsx`
- `home.state.tsx`
- `Chat.tsx` (active tab)
- `name.ts`
- `home.context.tsx`

The `Chat.tsx` file contains TypeScript code for a chat component. The `name.ts` file is also visible in the editor.

The Explorer pane shows the project structure with files like `home.tsx`, `home.state.tsx`, `Chat.tsx`, `name.ts`, and `home.context.tsx`. The `OPENCONVO` folder contains files related to a conversation component.

The Timeline pane shows a history of file changes and logs, including:

- File Saved 18 mins ago
- Temp console logs Ayibatari loba 49 mins ago
- File Saved 52 mins ago
- File Saved 56 mins ago
- File Saved 58 mins ago
- File Saved 1 hr ago
- Allow temperature change in-conversation 2 mos ago
- Add conversation to list only after AI ... 2 mos ago
- NPM SCRIPTS



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	Comment	Date
	WIP	3 days ago
	Off for lunch	1 day ago
	End of code for today	20 hours ago
	I am tired AF	18 hours ago
	Happy Weekend Team	16 hours ago
	First to commit	14 hours ago
	Fixed final bug	10 hours ago
	Added a new feature	9 hours ago
	Fixed another bug	7 hours ago
	Made some changes	5 hours ago
	fixed two build-breaking issues	3 hours ago
	Bugs are never ending. fixed another bug 😊	~ 1 hour ago



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The screenshot shows a Jira software interface with a blue-themed UI. On the left, there's a sidebar with navigation links like 'PLAN', 'Issues', and 'Components'. The main area displays a project board with cards. One card is highlighted with a blue border and contains the following information:

- Details** (3 Accordion)
- Assignee: Juntao Qiu
- Reporter: Juntao Qiu
- Labels: None
- Epic Link: Medium Blogs
- Priority: Medium

Callouts numbered 1 through 5 point to specific UI elements:

- 1** A card on the board.
- 2** A dropdown menu in the sidebar.
- 3** The 'Details' section of a card.
- 4** A 'MediaCard' containing attachments.
- 5** A context menu.



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