

# The True You Show Interview with Robert Mack

<https://silosolo.com/120512>

## Summary

Robert, an Ivy League educated positive psychology expert and celebrity happiness coach, shares his personal story of finding happiness after struggling with depression and suicidal thoughts. Positive psychology suggests that happiness leads to success, and not the other way around. Four key ways to achieve happiness are identified, including identifying activities that bring joy, surrounding oneself with supportive people, telling better feeling stories, and finding joy in stillness and presence.

## Silo sample questions

- What is Robert's background and expertise?
- What was Robert's personal journey to finding happiness?
- What does positive psychology suggest about happiness and success?
- What are the four ways to achieve happiness?

## Topics

Robert's personal story of finding happiness

The connection between happiness and success

Four ways to achieve happiness

## Key Takeaways

- The speaker is Robert, an Ivy League educated positive psychology expert and celebrity happiness coach
- He shares his personal story of finding happiness after struggling with depression and suicidal thoughts
- Positive psychology suggests that happiness leads to success, not the other way around
- There are four key ways to achieve happiness: identifying activities that bring joy, surrounding yourself with supportive people, telling better feeling stories, and finding joy in stillness and presence

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