

# Coach Robert Mack - From attempted suicide to Celebrity Happiness Coach!

<https://silosolo.com/461478>

## Summary

The video discusses the concept of happiness from within, the science of positive psychology, the influence of the human brain on happiness, the impact of society and upbringing on the pursuit of happiness, and strategies to manage empathy and reduce overwhelm.

## Silo sample questions

- What is happiness and where does it come from?
- What is positive psychology?
- How does the human brain affect happiness?
- What role does society and upbringing play in the pursuit of happiness?
- How can empathy and overwhelm be managed?

## Topics

Happiness

Positive psychology

Brain function

Society and upbringing

Managing empathy

## Key Takeaways

- Happiness comes from within and is not dependent on external factors.
- Positive psychology is the science of happiness.
- The human brain is designed to solve problems, not necessarily to make us happy.
- Society and upbringing can influence our beliefs about where happiness can be found.
- Being selective about the information we consume can help manage empathy and reduce overwhelm.

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