

# Happiness & Fulfilment - with Robert Mack

<https://silosolo.com/902035>

## Summary

The video is about an event on happiness and fulfillment, featuring Robert Mack, an author and positive psychologist. They discuss the relevance of happiness in a world with suffering and the concept of authentic happiness. They address challenges to happiness and the audience shares their own struggles. The video emphasizes the importance of acknowledging and addressing these challenges while also exploring positive ways forward.

## Silo sample questions

- Is happiness relevant in a world with suffering?
- What is authentic happiness?
- What are some challenges to happiness?
- How can we move forward towards happiness?

## Topics

Happiness and fulfillment

Authentic happiness

Challenges to happiness

Positive ways forward

## Key Takeaways

- The event is about happiness and fulfillment.
- Robert Mack is an author and positive psychologist.
- Happiness is relevant in a world with suffering.
- Authentic happiness is deeper and richer than materialistic happiness.
- There are things that get in the way of happiness, called 'happiness valleys' or 'happiness deserts'.

[Click here for the full transcript](#)

[Click here for the source](#)