Robert Mack, Celebrity Happiness Coach Discusses How to Find Happiness

Summary

In this video, Claire Bond interviews Robert Mac, an Ivy League educated positive psychology expert, celebrity happiness coach, published author, and TV host and producer. Robert shares his personal journey of struggling with unhappiness and suicidal thoughts, and how he had a transformative moment of unexpected joy. This led him to make a commitment to be happy and eventually become a happiness coach. He studied positive psychology and wrote a book about things that made him happy. Robert now charges for his coaching services and helps others find happiness. The video also discusses the impact of 2020 on mental health, with many people experiencing depression and unhappiness.

Silo sample questions
- What is Robert Mac's background and expertise?
- What was Robert Mac's personal journey and struggle with unhappiness?
- How did Robert Mac become a happiness coach?
- What did Robert Mac study and write about?
- How has 2020 impacted people's mental health?

Topics
Introduction of Robert Mac
His personal journey and struggle with unhappiness
His commitment to be happy and becoming a happiness coach
His studies in positive psychology and writing a book
Helping others find happiness
The impact of 2020 on mental health

Key Takeaways

- Robert Mac is an Ivy League educated positive psychology expert, celebrity happiness coach, published author, and TV host and producer.
- He struggled with unhappiness and suicidal thoughts for a long time before experiencing a moment of unexpected joy and well-being.
- After that moment, he made a commitment to be happy and eventually became a happiness coach.
- He studied positive psychology at the University of Pennsylvania and wrote a book about things that made him happy.
- He became obsessed with reading books about happiness and sharing his thoughts and ideas with others.

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