

# Ep 3: Happiness, the Most Important Life Goal (ft. Rob Mack) | Be It Till You See It

<https://silosolo.com/847032>

## Summary

The video is the transcript of a podcast episode featuring Robert Mack, a happiness coach who shares his inspiring journey from being unhappy and suicidal to finding joy and peace. The episode also highlights the importance of prioritizing oneself and provides resources for dealing with suicide. Robert Mack's background as an Ivy League educated positive psychology expert and his endorsements by Oprah and appearances on various media platforms are discussed. The transcript concludes with a message before the interview with Robert Mack begins.

## Silo sample questions

- What is the main topic of the podcast episode?
- Who is the guest on the podcast episode?
- What resource is provided for those in need of support regarding suicide?
- Why does the speaker emphasize the importance of prioritizing oneself?
- What unexpected experience did Robert Mack have when attempting suicide?

## Topics

Gratitude

Guest Introduction

Dealing with Suicide

Self-Prioritization

Robert Mack's Background

Unexpected Transformation

## Key Takeaways

- The speaker expresses gratitude for the listener's choice to listen to the podcast.
- The guest is named Robert Mack and he has an inspiring story and shares tips.
- The episode deals with suicide, so resources are provided for those in need of support.
- The speaker emphasizes the importance of prioritizing oneself.
- Robert Mack is an Ivy League educated positive psychology expert, happiness coach, executive coach, and author.

[Click here for the full transcript](#)

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