

# Rob Mack | The art and science of happiness | Muscle Maven Radio 14

<https://silosolo.com/148064>

## Summary

In this episode of Muscle Maven Radio, the host, Ashley Van Houten, expresses her gratitude and announces the release of her book, 'It Takes Guts', which focuses on nose to tail eating and includes recipes and education about the importance of this approach to meat eating. The guest on the episode is Robert Mack, a positive psychology expert and happiness coach. They discuss various topics including the difference between happiness and peace, the balance between internal and external sources of happiness, reframing challenges and adversities, and the power of perception in shaping one's reality. Robert Mack also shares his personal experiences with depression and suicidal thoughts and emphasizes the impact of subjective feelings about health and happiness on overall well-being.

## Silo sample questions

- What is the main focus of Ashley Van Houten's book?
- Who is the guest on this episode and what is his expertise?
- What are some of the topics covered in this episode?
- What personal experiences does Robert Mack share?
- What is the power of subjective feelings about health and happiness?

## Topics

Gratitude

Book announcement

Nose to tail eating

Happiness

Success

Difference between happiness and peace

Balance between internal and external sources of happiness

Reframing challenges and adversities

Power of perception

Depression and suicidal thoughts

Subjective feelings about health and happiness

## Key Takeaways

- The host, Ashley Van Houten, starts the episode by expressing her gratitude for the opportunity to bring the episode to her listeners.
- She also announces that she has written a book called 'It Takes Guts' which focuses on nose to tail eating and includes recipes, personal stories, and education about the importance of this approach to meat eating.
- She encourages listeners to check out her book and reach out to her with any questions

or comments.

- The guest on this episode is Robert Mack, an Ivy League educated positive psychology expert and happiness coach.

- He is one of the world's leading experts on the relationship between happiness and success.

[Click here for the full transcript](#)

[Click here for the source](#)