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behavior expert Paul  
Dolan combines the  
latest insights from  
economics and  
psychology to illustrate  
that in order to be  
happy we must behave

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happy Our happiness is  
experiences of both  
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pleasure and purpose  
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over time and it  
Dolan  
depends on what we  
actually pay attention  
to. Using what Dolan  
calls deciding,  
designing, and doing,  
we can overcome the  
biases that make us  
miserable and redesign  
our environments to  
make it easier to  
experience happiness,  
fulfilment ...

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Design: Change  
What You Do, Not  
How You Think ...**

In Happiness by Design, happiness and behavior expert Paul Dolan combines the latest insights from economics and psychology to illustrate that in order to be happy we must behave happy. Our happiness is experiences of both pleasure and purpose over time and it

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**Happiness By Design  
by Paul Dolan -  
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Happiness by Design  
(Change What You Do,  
Not How You Think) by  
Paul Dolan, PhD - Book  
Review (Originally  
published in Brain  
World magazine) I am  
generally, not a big  
“self help” book reader



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- often I find them a bit too “hippie dippy” for my taste so I had doubts when I first opened the pages of “Happiness by Design”.

### **Happiness by Design (Change What You Do, Not How You Think ...**

"Pretty much all the advice about happiness we have heard revolves around one basic assumption: that we can think ourselves

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happier. But in  
HAPPINESS BY DESIGN,  
behavior and  
happiness expert Paul  
Dolan reveals that the  
key to being happy  
does not lie in  
changing how we  
think--it's changing  
what we do"--

**Happiness by  
Design: Change  
What You Do, Not  
How You Think ...**

“Change what you do,  
not how you think. You

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are what you do, your happiness is what you attend to, and you should attend to what makes you and those whom you care about happy.” — Paul Dolan, Happiness by Design: Finding Pleasure and Purpose in Everyday Life 2 likes

## **Happiness By Design Quotes by Paul Dolan**

The secret to  
happiness is selective

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attention. Authored by Professor Paul Dolan, experienced happiness researcher at the LSE, Happiness by Design: Change What You Do, Not How You Think is a behavioural economist's take on happiness. The book promotes a 'nudge' approach to becoming happier by making small changes to our behaviour.

**Happiness by Design**

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change what you do,

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not how you think.

[Paul Dolan; Daniel  
Kahneman] -- There  
are a slew of books on  
the market dictating  
programs for achieving  
happiness, but  
Happiness by Design is  
the first to explain that  
happiness ultimately  
depends upon our  
experience of pleasure  
...

**Happiness by design  
: change what you  
do, not how you ...**

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How Think Paul  
Dolan

Prof Paul Dolan combines happiness research and behavioural science to show how happiness is less about how we think and more about how we act. This talk was filmed at an Action for Happiness ...

**Happiness by Design  
- with Paul Dolan**

Happiness by Design:  
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Paul Dolan (2014) This

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is not just another  
happiness book. In  
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actually pay attention



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Paul Dolan, Daniel  
Kahneman (foreword)

**Paul Dolan - Audio  
Books, Best Sellers,  
Author Bio ...**

"Pretty much all the  
advice about happiness

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we have heard  
What You Do Not  
revolves around one  
How Think Paul  
basic assumption: that  
Dolan  
we can think ourselves  
happier. But in  
HAPPINESS BY DESIGN,  
behavior and  
happiness expert Paul  
Dolan reveals that the  
key to being happy  
does not lie in  
changing how we  
think--it's changing  
what we do"--

**Happiness by design  
: change what you**

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**do, not how you ...**

There are a slew of books on the market dictating programs for achieving happiness, but Happiness by Design is the first to explain that happiness ultimately depends upon our experience of pleasure and purpose over time—and everyone has their own optimal balance.

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