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Solve For Happy  
By Mo Gawdat

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**Solve For Happy By Mo**

Solve For Happy is the pillar for a mission Mo has committed to as his personal moonshot, a mission to deliver his happiness message to one billion people around the world. The Author: Mo Gawdat. Mo Gawdat is the chief business officer of Google [X] and author

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of "Solve for Happy:  
Engineering Your Path  
to Joy" (2017).

**Solve for Happy:  
Engineer your Path  
to Joy - Written by  
Mo ...**

In Solve for Happy Mo  
questions some of the  
most fundamental  
aspects of our  
existence, shares the  
underlying reasons for  
suffering, and plots out  
a step-by-step process  
for achieving lifelong

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## Solve For Happy

### By Mo Gawdat

happiness and enduring contentment. He shows us how to view life through a clear lens, teaching us how to dispel the illusions that cloud our thinking; overcome the brain's blind spots; and embrace five ultimate truths.

**Solve for Happy:  
Engineer Your Path  
to Joy: Gawdat, Mo**

...

In Solve for HappyMo

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questions some of the most fundamental aspects of our existence, shares the underlying reasons for suffering, and plots out a step-by-step process for achieving lifelong happiness and enduring contentment.

**Solve for Happy |  
Book by Mo Gawdat |  
Official Publisher ...**

Applying his superior skills of logic and problem solving to the



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## Solve For Happy

### By Mo Gawdat

issue of happiness, he proposes an algorithm based on an understanding of how the brain takes in and processes joy and sadness. Then he solves for happy. In 2001 Mo Gawdat realized that despite his incredible success, he was desperately unhappy.

**Solve for Happy:  
Engineer Your Path  
to Joy by Mo Gawdat**

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## Solve For Happy

### By Mo Gawdat

Solve for Happy (2017) is the result of former Chief Business Officer at Google X, Mo Gawdat's highly personal journey to understand the nature of happiness and how to achieve it. By borrowing ideas from many of the world's religions and applying his own analytical mind to the problem, Gawdat arrives at a formula for happiness.

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**Solve for Happy by  
Mo Gawdat**

Applying his superior skills of logic and problem solving to the issue of happiness, he proposes an algorithm based on an understanding of how the brain takes in and processes joy and sadness. Then he solves for happy. In 2001 Mo Gawdat realized that despite his incredible success, he was desperately

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unhappy.

**Solve for Happy by  
Mo Gawdat |  
Audiobook |  
Audible.com**

In Solve for Happy Mo questions some of the most fundamental aspects of our existence, shares the underlying reasons for suffering, and plots out a step-by-step process for achieving lifelong happiness and enduring contentment.

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He shows us how to view life through a clear lens, teaching us how to dispel the illusions that cloud our thinking ...

**Solve for Happy:  
Engineer Your Path  
to Joy - Kindle ...**

Shortly after his son's death, Mo began to write, which is how Solve For Happy started. Besides the equation, which shows happiness is really our

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By Mo Gawdat

default state, he also shares six grand illusions and seven blind spots, which ruin this state, as well as five ultimate truths. Here's one from each category:

**Solve For Happy  
Summary - Four  
Minute Books**

Solve for Happy by Mo Gawdat is out now, published by Bluebird. More about. Happiness; Show 0 comments. 1 /1

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By Mo Gawdat

One man's  
mathematical formula  
for happiness. One  
man's mathematical  
formula for happiness

**One man's  
mathematical  
formula for  
happiness | The ...**

Solve for Happy, a non-fiction book by Mo Gawdat, the chief business officer of Google X, explores a logical approach to finding happiness and

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## Solve For Happy

### By Mo Gawdat

contentment, offering Gawdat's own story as he worked through his grief after his son passed away. Gawdat began working on the book after his son, Ali, died at the age of twenty-one.

## **Solve for Happy Summary | SuperSummary**

Mo Gawdat is a remarkable thinker and the Chief Business Officer at Google's [X],



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### By Mo Gawdat

an elite team of engineers that comprise Google's futuristic "dream factory..."

## **Solve for Happy: Engineer Your Path to Joy | Mo Gawdat**

...

Solve For Happy is the pillar for Mo's personal 'moonshot' mission, a mission to deliver his happiness message to one billion people around the world.

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**Solve For Happy:  
Engineer Your Path  
to Joy: Amazon.co.uk**

...

So Google is promoting an algorithm for happiness in a new book: Solve for Happy: Engineer your Path to Joy. Penned by Google's Mo Gawdat and endorsed by the company's founder Sergey Brin, the book contains a Happiness Equation that requires

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balancing experiences and expectations. Specifically, happiness happens when your experiences meet or beat your expectations.

**Solve for Happy -  
The Google  
Algorithm for  
Happiness ...**

Alma mater. Maastricht School of Management.  
Occupation. Chief Business Officer for Google X,

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Entrepreneur. Author for "Solve for Happy".  
Mohammad " Mo"  
Gawdat (Arabic: دمحم  
تدوج) is the former  
Chief Business Officer  
for Google X, an  
entrepreneur, and the  
author of the book  
Solve for Happy.

## **Mo Gawdat - Wikipedia**

As Oscar Wilde said: "It  
is all going to be fine in  
the end. If it is not yet  
fine, then it is not yet

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the end.”. Thriving”. —  
Mo Gawdat, Solve For  
Happy: Engineering  
Your Path to  
Uncovering the Joy  
Inside You. 2 likes.  
Like. “Life, however,  
sometimes needs to  
give you a nudge in  
order to alter your  
path.

**Mo Gawdat Quotes  
(Author of Solve for  
Happy)**

- Solve for Happy by  
Mo Gawdat is

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### By Mo Gawdat

published by Bluebird (£14.99). To order a copy for £12.74 go to [bookshop.theguardian.com](http://bookshop.theguardian.com) or call 0330 333 6846. Free UK p&p over £10, online orders only ...

## **Google's Mo Gawdat: 'Happiness is like keeping fit. You ...**

Mo Gawdat, former chief business officer of Google X and the author of "Solve for

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Happy: Engineering Your Path to Joy". Mo Gawdat's LinkedIn profile reads like a how-to playbook for success ...

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