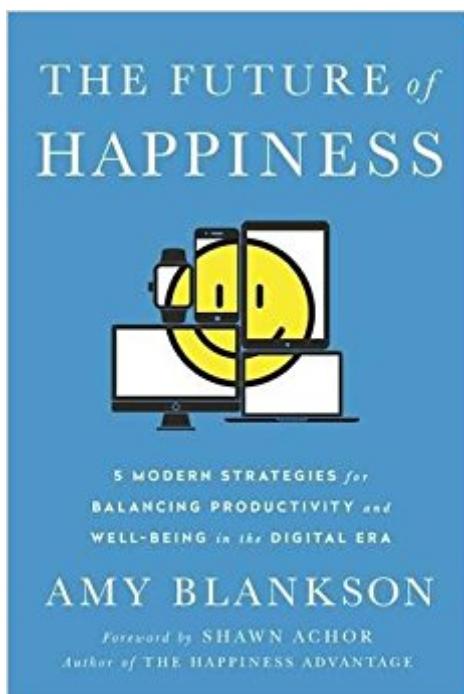


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# The Future Of Happiness: 5 Modern Strategies For Balancing Productivity And Well-Being In The Digital Era



## Synopsis

Technology, at least in theory, is improving our productivity, efficiency, and communication. The one thing it's not doing is making us happier. We are experiencing historically high levels of depression and dissatisfaction. But we can change that. Knowing that technology is here to stay and will continue to evolve in form and function, we need to know how to navigate the future to achieve a better balance between technology, productivity, and well-being. Technology can drive—not diminish—human happiness. In *The Future of Happiness*, author Amy Blankson, cofounder of the global positive psychology consulting firm GoodThink, unveils five strategies successful individuals can use, not just to survive—but actually thrive—in the Digital Age: Stay Grounded to focus your energy and increase productivity; Know Thyself through app-driven data to strive toward your potential; Train Your Brain to develop and sustain an optimistic mindset; Create a Habitat for Happiness to maximize the spaces where you live, work, and learn; Be a Conscious Innovator to help make the world a better place. By rethinking when, where, why, and how you use technology, you will not only influence your own well-being but also help shape the future of your community. Discover how technologies can transform the idea of “I’ll be happy when . . .” to “being happy now.”

## Book Information

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## Customer Reviews

"Impressive, thought-provoking." Foreword Reviews Too often, the concept of personal happiness is left out of discussions about technology and the future of our world. The Future of

Happiness is a timely reminder about the importance of happiness, meaning, and our fragile, promising selves. Susan Cain, author of *Quiet: The Power of Introverts in a World That Can't Stop Talking*; The Future of Happiness gave me tactical tips in the first few minutes and a genuinely happier life by the end. In an age of endless interruptions, this book couldn't have arrived at a better time. Neil Pasricha, New York Times bestselling author of *The Happiness Equation* and *The Book of Awesome*; Volumes have been written about how bad technology can be for us, but Amy Blankson is the first author I've seen to lay out a simple, achievable path to explain how to stay grounded and balanced in the digital era. Laszlo Bock, former head of people operations at Google and bestselling author of *Work Rules!*; Rather than fighting against the digital movement, we need higher-level help to harness it for our greatest joy, success, connection, and fulfillment. Amy's book is the perfect pathway to this; offering amazing new strategies to help us access more joy and meaning while at the same time leveraging the power of technology to enhance and enrich our lives. Kathy Caprino, MA, ; Brave Upwriter, speaker, coach, and leadership developer ; Sometimes innovation doesn't have to be a brand-new technology, but a segment clearly redefined that can lead to greater well-being. I am so happy to see Amy address the link between technology and happiness. This book is long overdue for both professionals and parents, and I'm sure will be wonderfully received globally. John Stix, public speaker and founder of KidsWifi

Amy Blankson is the only person to be named a Point of Light by two Presidents (President Bush and President Clinton). She received a Presidential appointment to serve a five-year term on the Board of Directors of the Corporation for National Service, and was one of the youngest delegates to the Presidents' Summit for America's Future. Amy received her BA from Harvard and MBA from Yale School of Management. She went on to found the Future of Philanthropy Conference at Yale University. In 2007, Amy cofounded GoodThink to bring the science of happiness to life for organizations and individuals. Amy brings both passion and practicality to GoodThink. She is currently doing research in partnership with Google to determine how to make positive psychology strategies stick and create sustainable positive change. She serves as a Visioneer for the Xprize Foundation for Personal Health, and is a featured expert on Oprah's Happiness Course. Amy is the author of the award-winning book *RippleEffect*, and lives in Dallas, TX with her husband and three beautiful daughters who teach her about the joy of positivity and the importance of gratitude on a daily basis.

In this engaging and thoroughly researched book, Amy Blankson takes on the difficult task of evaluating how the incredible growth in technology can help or hinder us on our path to more happiness. She integrates it with almost a decade of her own experience as a top positive psychology leader and consultant, so the book is full of practical tools and life hacks that you can immediately pull into your life. I highly recommend you get a copy!By digging into how technology integrates with all key components of the busy modern life -- our relationships, parenting, work and communities -- Amy gives some wonderful guidelines for when and how to embrace technology for our own good. And she gives us important guideposts to notice when technology is taking us to places that don't support our happiness or the life we want to live. Customized for youBooks written about technology often come from a black-and-white view that technology is either destroying society as we know it or making our lives into a modern utopia. Amy takes a much more thoughtful and nuanced approach. Throughout the book, she is sensitive to the fact that we all come to our happiness and technology use from different places, with different values and desires. Rather than be dogmatic, she provides the reader with ideas on how to optimize tools that fit for YOUR life and let go of the those technologies that don't serve you. The most valuable part for meThere is so much cool stuff here, I'm sure you will find your own favorite tools. The book helped me check in on my own technology habits and recognize how often I let my phone and my web use control me. I am too responsive to the constant pinging of my phone rather than choosing how I use technology. Here are some of Amy's life hacks that I found most valuable: Turn off phone notifications. Getting an email, tweet or news headline is NEVER an emergency in my life. Yet my notifications mean I check my phone every time a new one comes in. In the three days since I shut those off, I've found I simply have more time for my work, my family and myself. And Amy shares the extensive research in the book about how these constant disruptions kill our productivity and hurt our relationships. Hide your phone. "Wait. What? Hide my phone? But that's my connection to everything." OK, this one is a lot harder for me. But the couple times I've simply left it in another room in the house have been freeing. Just seeing my phone sitting on my desk calls to me to pick it up. This is especially true when I'm trying to do something challenging for me (like, say, writing this post...). It's so much easier to stay focused when I don't see the phone (and the endless distractions it can provide). Limit your email checks (or Facebook or newsfeed checks...). Amy recommends checking email just 3 times or less on weekend days. I

want to try this, especially now that my notifications are off. The idea of being able to consolidate all those hours of email reading and responding could give me another hour or two to do the things I enjoy every day. And while she admits it would be harder for most of us to do this at work, she does suggest defining work periods for an hour or two where you step away from email to focus on important projects. That sounds pretty awesome to me! And so much more! And there is SO MUCH MORE that Amy does with the book. She talks about how we can use technology to support developing new happiness habits. She lays out tons of great phone apps and websites that can help us foster more gratitude, take mindfulness breaks and connect more with the people around us. She discusses how we can use technology to better understand ourselves -- to track how we spend our time and energy, our sleep habits, our exercise and a million other things that help us know who we are and what we do. She has a whole chapter on how we can set up technology in our homes and our workspaces to enable us to be happier, more productive and more connected to one another. And all of this comes in a package that is full of entertaining and heart-warming stories that keep you engaged and wanting to learn more. I highly recommend you get a copy of this book and take the time to give it a good read!

Technology has been said to be the greatest disruptor of human happiness. But thanks to Amy Blankson, *The Future of Happiness* is bright. Blankson paints a picture of a world where our happiness can be fueled by technology, not diminished. A self-described "tech optimist," Blankson helped me realize that I play a role in shaping technology and therefore, my own happiness. Too often we find ourselves on the opposite end: allowing technology to shape us. Amy's five strategies are thought-provoking, challenging, and practical. Every time I wanted to challenge the premise of the outlined strategies, Blankson pulled me in with a personal anecdote or a slice of empiric research proving her point. And instead of having to re-read entire chapters multiple times, I loved her end of chapter highlights as a quick reference. This is a brilliant book. It reads easy because I believe that Amy actually believes in what she's writing, and her authenticity draws you in from Chapter One. This is one of the first times I've read a non-fiction book as a "page turner." It's a fun read: I learned about a ton of useful apps and devices. I'm more engaged socially with and without technology. And I've been thinking more creatively of ways to use tech to enrich my local community. I'm a better husband and a better parent. I'm a better employee and a better friend. And... I'm a better "me." Through the use of wearables, I take better care of my body, reaping the benefits of "knowing myself." Thank you Amy for increasing my well-being and mindfulness when it comes to technology!

Amy's new book comes at a critical time for me and for anyone struggling to manage personal and work tech. Her extensive research and scientific approach helped me realize that intentional use is key, and that solutions are readily at hand. Her "innovate consciously" strategy was a welcome surprise of the promise of a better world through tech, with stunning new ways to offer service to others and contribute to the greater good. I enjoy her warm, conversational writing style and am grateful to benefit from her many years of research.

I had the pleasure of hearing Amy speak in person recently and she is a delight! I read her book on a long plane flight and it was worth the time spent! Great hacks for keeping technology in check. We must remember technology is a tool and as such we must manage it or it will manage us!

Quick read about how setting boundaries, balancing & incorporating technologies to tackle daily personal and work challenges can lead to a better and happier life.

Great Book! Gives us strategies to cope with technologies now a days!

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