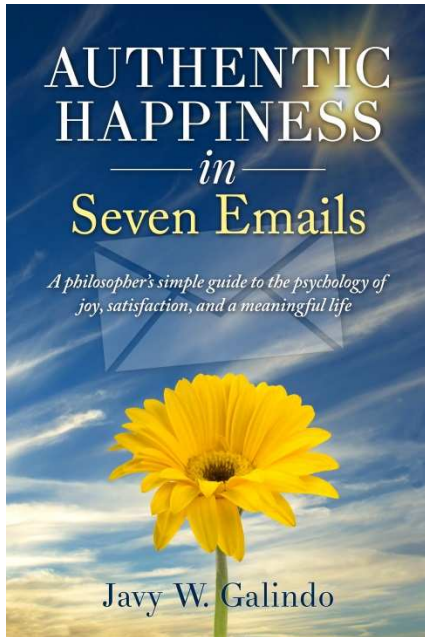


# How to Choose Happiness

*A simple approach to joy, satisfaction, and a meaningful life  
(Speaking Proposal)*

Presented by professor Javy W. Galindo, author of *The Power of Thinking Differently*.



Praise For

*Authentic Happiness in Seven Emails*

*"This is a short, quaint, yet powerful book on the pursuit of happiness."*

Larry F. Waldman, Ph.D.  
Clinical Psychologist

*"What a beautiful gift—four simple steps that can end what is so often, and for so many, a futile quest for a truly happy life...This is a simple, practical guide for anyone who's searching for that elusive state called true happiness."*

John McGrail, Ph.D.

Therapist and author of *The Synthesis Effect*

## Program Description

For many, happiness can seem like an elusive mirage: apparently filling our lives with joy and contentment in one moment, only to slip through our fingers the next. As a result, many find themselves in the constant pursuit of happiness.

In this interactive, enlightening, and lighthearted talk, De Anza College & John F. Kennedy University professor Javy W. Galindo explains how happiness need not be pursued, but chosen. Based on his graduate course on the psychology of happiness, professor Galindo shares seven insights from his new book "Authentic Happiness in Seven Emails" on how to choose happiness and why it is often a difficult choice to make.

*A Few Key Concepts:* The happiness equation; positive psychology; flow experiences and satisfaction; the hedonic treadmill; the power of unconscious programming; pleasure vs. joy; dealing with negative thinking (the negativity bias); authenticity and meaningful living.

## Program Details

- Proposed length of talk: 1 to 1.5 hours.
- Audio/Visual Requirements: A projector and screen for displaying a PowerPoint presentation would be ideal, but not necessary.

## Further Information

- [www.javygalindo.com](http://www.javygalindo.com) (Contains links to LinkedIn, Amazon author page, and more.)
- [www.thinking-differently.com](http://www.thinking-differently.com) (Contains speaker videos, press kit, and other information for professor Galindo's first book.)



## About the Author

Javy Wong Galindo, M.A., M.Eng., is a college professor of philosophy, humanities, and psychology in Northern California. He is a popular instructor at John F. Kennedy University and De Anza College, located in the heart of Silicon Valley. Javy is a proud member of the American Association of Philosophy Teachers, the Society for Asian and Comparative Philosophy, and the Western Positive Psychology Association. This former engineer is also the author of *The Power of Thinking Differently*, a popular text on creativity.