

# FREE LECTURE

# AUTHENTIC HAPPINESS IN SEVEN EMAILS

A practical talk on the psychology of happiness, satisfaction, and a meaningful life

Presented by John F. Kennedy University & De Anza College professor Javy W. Galindo, author of *The Power of Thinking Differently*.

Venue: Gilroy Library

Date: August 9th 2014

Time: 1pm - 2pm

**Stop your pursuit of happiness. Learn how to choose happiness.**

Learn what science says about the following:

- What really makes us happy.
- Why it's hard for us to choose happiness.
- What is happiness.
- How to experience more peace and less negativity.
- How to experience more joy.
- How to be more engaged and satisfied with our lives.
- How to experience a meaningful life and a rediscover our sense of purpose.

Part of the **Non-Pursuit of Happiness Speaking Tour**  
For more information visit [www.JavyGalindo.com](http://www.JavyGalindo.com)

## About the Speaker

Javy Wong Galindo, M.A., M.Eng., is a college professor of philosophy, humanities, and psychology in Northern California. His latest book, based on his graduate course on the psychology of happiness, is entitled *Authentic Happiness in Seven Emails: A philosopher's simple guide to the psychology of joy, satisfaction, and a meaningful life*. Javy is also the author of the popular creative thinking manual *The Power of Thinking Differently: An imaginative guide to creativity, change, and the discovery of new ideas*.

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

Larry F. Waldman, Ph.D. Clinical Psychologist

