

DBOS—Stauffer Colloquium

Daniel Gilbert, PhD

Happiness: What Your Mind and Your Mom Won't Tell You

Thursday, January 30, 2020

4:00 pm – 6:00 pm

Albrecht Auditorium | Stauffer Hall of Learning
925 N. Dartmouth Avenue, Claremont CA 91711

Psychologists observe that most people think they know what would make them happy and that their only problem is getting it. But research in psychology, economics and neuroscience shows that people are not very good at predicting what will make them happy, how happy it will make them and how long that happiness will last.

This raises key questions: Is the problem that we can't really imagine what our futures will hold? Is the problem that society lies to us about the true sources of human happiness? Psychologists say the answer to both questions is a resounding yes.

As a professor of psychology at Harvard University, Gilbert does research that examines the mistakes people make when they attempt to predict their emotional reactions to future events.

The lecture is free and open to the public.

For more information, contact Linda Pillow,
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**DIVISION OF BEHAVIORAL &
ORGANIZATIONAL SCIENCES**

 **Claremont Graduate University**



Daniel Gilbert, PhD

*Edgar Pierce Professor of
Psychology, Harvard University*

*Dr. Daniel Gilbert is the Edgar
Pierce Professor of Psychology at
Harvard University.*

*His 2007 international bestseller
“Stumbling on Happiness”, has been
translated into more than 35 languages
and been awarded the Royal Society’s
General Book Prize for best science book
of the year.*

*In 2014, Science magazine named him
one of the world’s 50 mostfollowed
scientists on social media, and in 2017,
he was ranked as one of the 50 Most
Influential Psychologists in the World.*

*Renowned for his research and
teaching, in 2018 he won the William
James Award for “a lifetime of
significant intellectual contributions to
the basic science of psychology.” You
may also know him from his award-
winning NOVA television series “This
Emotional Life”, multiple TED talks,
and contributed to numerous television
shows*

*Since 2002, the John Stauffer Charitable Trust has
sponsored a series of informative talks on current
research in applied psychology for DBOS students,
faculty, and the general community.*

*Everyone is welcome to attend. Each one-hour talk
is followed by a Q&A session and wine and cheese
gathering*