



The Happiness Equation Reader's Guide

BY NEIL PASRICHA

Category: Personal Growth | Business

READERS GUIDE

1. Neil Pasricha suggests that our model for happiness is broken—that in order to be happy, we must first be happy. This idea seems controversial, counterintuitive even. Before reading *The Happiness Equation*, what was your model for happiness? Has your view of happiness changed after reading this book? How so?
 2. Pasricha advises that one of the best ways to get the most out of this book is to give yourself a seven-day challenge. Which of the “Big 7” ways to be happier right now are you most drawn to? How could you incorporate it into your daily routine?
 3. What are some things you hide from others or apologize for? How can you begin to accept those things and remove yourself from possible judgment?
 4. How has our Culture of More led to discontentment in your life? What steps can you take to adopt a Culture of Enough? What are some ways you've already won the lottery?
 5. What decisions can you cut out of your day to be more efficient? What are some access points to your brain that you can close in order to create space?
 6. Pasricha concedes that you will not agree with all nine secrets in this book. He even tells you to expect to disagree. Were there any principles that you initially disagreed with? Why? Did your perspective change over the course of the book? How so?
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