

Happier Podcast 1- The One Minute Rule

Try This At Home Tip: The One Minute Rule

When making a decision, are you a maximizer or a satisficer (satisfier/sufficer)?

maximizers-

satisficers-

Why did Elizabeth have such a hard time finding a coffee table?

Stumbling Block: The One Coin Loophole

What project is Elizabeth working on that relates to the one coin loophole?

Listener Question: Does checking Facebook make people feel happier and connected or lonely and sad?

Happiness Demerit- Emailing while on talking on the phone

Happiness Gold Star- Elizabeth's Treadmill Desk