

Happy Course

with Meik Wiking

COURSE OVERVIEW

What is happiness and how can we get more of it?

This is the ultimate guide to happiness, from the New York Times best selling author, and CEO of the world renowned Happiness Research Institute in Denmark, a country that is consistently voted the happiest country in the world. There are six factors that affect happiness.

We dive into them one by one, and you'll master them all. You'll unlock happiness by learning healthy habits regarding relationships, money, family, kids, social media, trust, fitness, and even buying coffee for strangers.



COURSE DURATION

29 bite sized lessons.

Each lesson approx. 10mins. Learn in your own time with lifetime access.

BRAINS BEHIND THE COURSE



MEIK WIKING

Meik Wiking is one happy Dane and the head of the Happiness Research Institute, the author of The Little Book of Lykke and New York Times bestseller, The Little Book of Hygge. He has helped over 2 million people live happier, more hyggelige lives.



HRI

The Happiness Research Institute is an independent think tank exploring why some societies are happier than others. Their mission is to inform governments about the causes and effects of happiness and help them make policies that will improve quality of life for people across the world.



MICHAEL BIRKJÆR

Michael Birkjær is a remarkably cheerful analyst at the Happiness Research Institute. His particular professional focus is data from studies where people answer subjectively about their own happiness and well-being, and how these results can guide public policy.

AVE. RATING 4.72 ★★★★★

JENN



I really enjoyed this class. My heritage is Danish and am obsessed with the country and want to move there. I have Meiks book, and so when I saw this course, I jumped at the opportunity to take it. I learned a great deal about the subject, and even talked about some of the stuff I learned to coworkers tonight! I loved the mix of videos, articles and reading for each section.

NATHALIE



I really enjoyed the course during my Holidays. It made me laugh, smile and think. Also want more than ever go visit Denmark to meet these people.

NICK



The Happy Course really helped to place all those little nuggets of wisdom you were told as a child, into a deep-dive adult context. It was filled with proven insights that have helped me (in a selfish way!) to start to bring happiness to my community through better interactions and thoughtfulness.

TOPICS COVERED

HAPPINESS

By understanding what happiness is and how it works, you'll be in a better position to have more of it in your life.

- 1) One of the happiest countries in the world
- 2) What makes people happy?
- 3) What is happiness?
- 4) Happiness is a choice
- 5) Happiness and Governments
- 6) How to measure happiness

HEALTH

Find out how your health and fitness impact happiness, why Danes are so cheerful and what you can do to live a healthy, happy life.

- 1) Age and happiness
- 2) What if it's hard to be happy?
- 3) Health and happiness
- 4) The antidepressant paradox
- 5) The Danish health plan
- 6) Everything in moderation

FREEDOM

What freedom means, how it affects happiness, and how to get more of it in your life.

- 1) Freedom and Happiness
- 2) Social media and happiness
- 3) Flexibility at work
- 4) The parent trap

RELATIONSHIPS

The impact of friends, family and love on happiness, and what you can do to have better relationships.

- 1) Marriage
- 2) Love thy neighbour
- 3) What makes a good life?
- 4) How to find a life partner

MONEY

How money really affects well-being, and how to buy your way to happiness.

- 1) Salary vs commute
- 2) How to buy happiness
- 3) Keeping up with the Joneses
- 4) Money and happiness
- 5) Turning wealth into wellbeing

TRUST AND KINDNESS

Learn how to increase trust, empathy, and kindness and why doing these things will make your life, and the lives of those around you, happier.

- 1) Social Blenders
- 2) Kindness
- 3) Empathy
- 4) Trust, kindness and happiness

SERIOUS LEARNING THROUGH PLAY

You know what's awful about e-learning courses? They tend to be pretty dull, few people complete them, and they are rarely practical. How enjoyable is that kind of learning? We'll answer that: NOT ENJOYABLE AT ALL.

You know what is enjoyable? Adding creativity to learning, we make it feel like a game and look beautiful, and because you're learning from the people and brands that do the job day in day out, you'll learn all the real practical skills needed to master your chosen topic. It's like you're taking an internship, but without the need for an interview or travel.

At the end you'll even get a beautiful personal certification to prove to others how smart you are.

SPECIAL FEATURES



LEARN ON ANY DEVICE



BITE SIZED LESSONS



24-7 SUPPORT



PROGRESS ANALYTICS



GAMIFIED LEARNING



BRANDED CERTIFICATION ON COMPLETION

BLENDED LEARNING

The learning is brought to life through a mix of video, text and illustrations. Every lesson is told as a short story and at the end of each lesson there's a question to help make sure you understood what you just learned.



WHY THE NUMBER 42?

We chose the number 42 because it's the "Answer to the Ultimate Question of Life, the Universe, and Everything". It was calculated by an enormous supercomputer named Deep Thought over a period of 7.5 million years. Don't believe us? Google "Answer to the Ultimate Question of Life, the Universe, and Everything".



5 THINGS TO KNOW – HAPPY COURSE



SPEND MORE TIME WITH FRIENDS & FAMILY

Volunteer to help your local community. You will not only help yourself by expanding your network and meeting new friends, you'll also make the same possible for other people.



THE HEDONIC TREADMILL

We tend to overestimate the amount of happiness or sadness we will derive from a future event. Instead focus more on enjoying the journey.



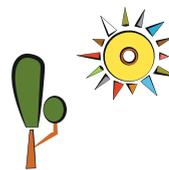
HAPPINESS SWEET SPOTS

Discover activities that promote both purpose and pleasure. For most people this involves greater dedication to social relationships and local communities.



THE AGONY OF CHOICE

Try to give people less choice for everyday things like deciding where to eat out. Less really is more. Be conscious about how you evaluate your choices in life but don't be too hard on yourself if you make the wrong choice. It happens to us all, especially with limited information.



GET OUTSIDE

Fit in some time in nature during your day. Even if it's just a 20 min walk. If possible make time at the weekend to get out of the city for a hike or try the Japanese art of 'forest bathing', essentially a relaxed walk in nature. If you can't get outside bring in some fresh cut flowers to lift your mood.



"The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn."

– **ALVIN TOFFLER**