

THE SCIENCE OF WELL-BEING
WHAT PSYCHOLOGICAL SCIENCE
SAYS ABOUT THE GOOD LIFE

G.I. Joe Fallacy

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THE G.I. JOE FALLACY

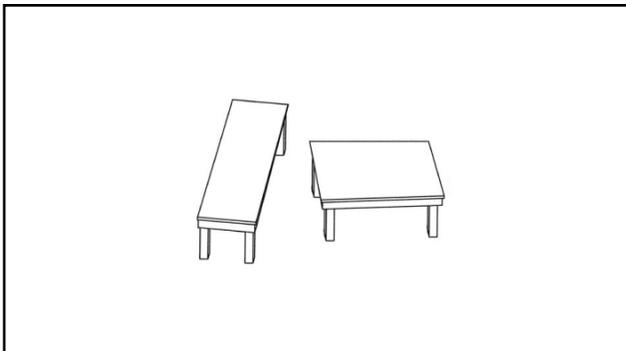
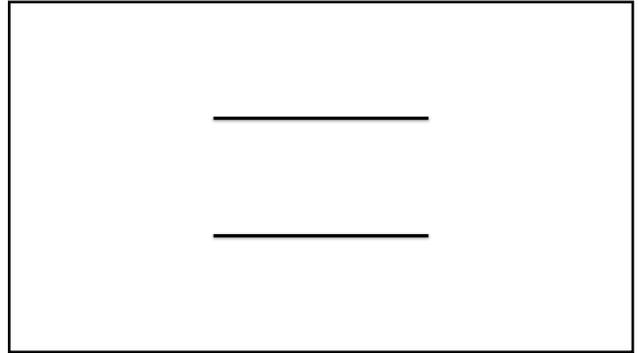
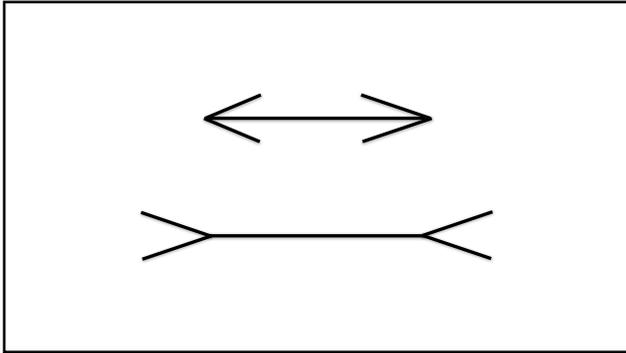


THE G.I. JOE FALLACY =
THE MISTAKEN IDEA THAT
"KNOWING" IS HALF THE BATTLE



"Knowing is half the battle"

VISION AS
A METAPHOR



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THE G.I. JOE FALLACY = THE
MISTAKEN IDEA THAT "KNOWING" IS
ENOUGH TO CHANGE YOUR
BEHAVIOR

INTRODUCTION
WHY THIS CLASS NOW?

MISCONCEPTIONS
WHAT WE THINK MAKES US HAPPY
(AND WHY IT ACTUALLY DOESN'T)

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