

# Future of Happiness event

You'd be forgiven for believing happiness to be an intangible feeling too abstract to define. The reality, however, is more cerebral than that. There is a science to happiness, explained positive psychologist and author Miriam Akhtar when she sat down to speak with Samantha Simmonds at our Future of Happiness event on Tuesday, 6 July.

Ms Akhtar, who holds a master's degree in the science of happiness, explained that the past 50 years have seen a sea change in the study of her chosen area of expertise. Rather than focusing on finding a reason for what is wrong with a certain individual's mental state, psychologists and other mental health professionals have shifted to questioning what makes people happy. What are the ingredients of well-being? Over the course of the discussion, Ms Akhtar introduced us to the concept of 'encore careers'; reminded us that happiness is wanting what we have, and not having what we want; and most scientifically of all, gave us the literal formula for happiness.

If you missed the event, you can watch it below. Alternatively, you can download the interview on **Spotify** < <https://open.spotify.com/episode/65w7cHxjovx24UdybfqilY?si=ab087ad8efdc4b63&nd=1> > .

This was the last in our **Invested for the Future** < <https://www.sanlamfutureseries.co.uk/index.php> > virtual event series. To view the other events in this series, please use the links below.

- **The Future of Money** < <https://www.sanlam.co.uk/knowledge-hub/insights/video/future-of-money-event> >
- **The Future of Security** < <https://www.sanlam.co.uk/knowledge-hub/insights/video/future-of-security-event> >
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