

## **VIDEO TRANSCRIPT**

### **Philosophy of Happiness Book & Website: Introduction by Martin Janello**

**Source: <http://www.philosophyofhappiness.com/index.html>**

**Also available on Youtube at <http://youtu.be/T5qYDFPryvI>**

Hello, my name is Martin Janello. I welcome you to the Philosophy of Happiness website and its introduction to my book by the same title.

Other parts of my website contain much information about the substance, intent, and method of my work. However, I would like to convey to you personally how exceptional and important my work is and how useful it might be to you.

We all have some ideas about happiness. But are we properly addressing all or even our most pressing concerns of happiness? It seems most of us are uncertain, and many of us look for advice. There is a great variety of presentations, books, and other products peddling ideas of happiness - or just using its concept as a marketing ploy. While this indicates the importance of happiness, rampant overuse and abuse of the term have confused it and yet made it deceptively overfamiliar.

Not all approaches toward happiness are trivial or nonsensical. Some may offer useful hints about how we can improve it. But after many years of formal and informal studies, I have not found anything that would do justice to the complex nature of happiness.

Happiness is complex because it involves the entirety of our subjective and objective reality. All we undergo, think, feel, or undertake in connection with our self or our human and nonhuman environment can influence our happiness. For our entire life, we are occupied with reaching and holding on to happiness in an ever changing world.

Acknowledging this complexity may not be popular with some audiences because it implies that a broad diversity of efforts is and will remain necessary. We would rather hear about a few simple recipes that can propel us to, and keep us in, a happy state. Acknowledging the complexity of happiness is also unpopular with presenters of happiness propositions

because it tends to make their ideas look deficient or small. It further places presenters at odds with an audience that would prefer easy and quick solutions. This has caused an alignment of wishes that, together with other factors stated in my book, has prevented an adequately deep and broad discussion of happiness.

The insufficiency of exploration is not limited to the contemporary popular treatment of the subject. Even more elaborate theories of happiness in philosophy and other sciences limit themselves to favorite themes and neglect large parts of human happiness.

My work changes that. It constitutes the first comprehensive consideration of happiness in the history of humankind.

How does this consideration work? I believe it would be presumptuous for me or anybody else to tell others what makes them happy. To be genuine, such insights have to develop and mature within each of us. But what I can do is help individuals to understand the components and system of their happiness so that they can devise ways of pursuing their happiness in an improved and possibly optimized manner.

When we understand our happiness and act in accordance with it, a previously unexpected degree and range of harmonization sets in. Our mindfulness of our happiness influences us in ways that necessarily advance not only individual wellbeing but also the wellbeing of our human and nonhuman environment.

Explaining all of this, as well as opening visions of how shortsighted and erroneous pursuits of happiness hold us back, and how they can be overcome, required much time and effort on my part. The absorption and digestion of the resulting material by readers will require considerable work on their part as well. However, I believe this is the only way we can substantially and lastingly improve our individual conditions and humanity's fate.

We spend all our efforts in the pursuit of happiness anyway. Why not avail ourselves of a considered, systematic approach that increases our chances of succeeding.

I thank you for your attention and hope you will explore my work further at <http://www.philosophyofhappiness.com>.