How To Be Happy During Challenging Times

When I was in Istanbul, Turkey back in September, I heard Harvard lecturer and Good Think CEO Shawn Achor give his presentation focusing on research around happiness. This was fascinating, filled with humor, and centered on the power of happiness can spread and lead to more productive workers. Sharing this now seems very appropriate, given that half the voters out there are not very happy about the outcome of the election. I myself feel like capitalism has been pushed aside in favor of a bigger, more controlling government. I believe economic growth and jobs come from entrepreneurs, and big government only gets in their way, so this doesn't motivate me to do a happy dance. So how can we all increase our happiness during challenging times?

A Better Version of Myself

I have returned home from my EO adventure in Istanbul, Turkey. What an amazing time with 800 entrepreneurs from 91 EO chapters in 39 countries around the world! We heard many interesting speakers, including the Turkish Prime Minister Tayyip Erdogan, who sent a recorded message for us. He told us about their country's openness to trade and commerce. They are the fastest growing G-20 nation at 8.5%.