

4th International Conference on **Neurology and Healthcare**

International Conference on **Clinical and Experimental Neuropsychology**

&

3rd World Drug Delivery and Formulations Summit

June 24-25, 2019 | Rome, Italy



Elia Gourgouris

The Happiness Center, USA

Intentional happiness: 7 paths to lasting happiness

What is Happiness? Aristotle answered this by saying "Happiness is the meaning and purpose of life, the whole aim and end of human existence" Happiness is a choice! It is also attractive, healthy, and being connected, but it takes effort. That being said, what inhibits our happiness? Several factors have a direct impact on our level of life satisfaction and fulfillment, including fear (of change, fear of success, and fear of failure), comparisons, selfishness, the burden of perfectionism, lack of forgiveness (and self-forgiveness), our inner critic, and toxic relationships.

The book, 7 Paths to Lasting Happiness provides both principles and "take action exercises" for individuals to learn from. We find that happiness is not a by-product; it is brought about consciously, when we intentionally make different choices. Thus, the principle of Intentional Happiness can truly make a transformational, lasting change in our lives.

1st Path: Loving Yourself a) Personal Brand b) Perfectionism c) Inner Critic d) Comparisons

2nd Path: Gratitude a) Attitude of Gratitude b) University of Adversity

3rd Path: Forgiveness a) Forgiveness equals freedom b) Self-forgiveness is the key

4th Path: Follow Your Passion a) Getting out of your comfort zone brings growth

5th Path: Nourish Your Spirit a) Faith vs Fear b) Meditation & Purpose

6th Path: Loving relationships a) Love languages b) Criticisms & Toxic relationships c) Authentic listening

d) Trust

7th Path: Service a) The antidote to selfishness

Biography

Elia Gourgouris is the president of The Happiness Center (www.thehappinesscenter.com) – an organization dedicated to creating personal success and happiness. Over the last 25-plus years, as a passionate promoter of optimism and deeply meaningful relationships, he has helped thousands of people achieve happiness and fulfillment, both in their careers and in their personal lives. He is the author of the #1 Amazon Best-Selling book, 7 Paths to Lasting Happiness. He has also published over 120 articles for various newspapers and magazines, including the Huffington Post. He is an international Keynote Speaker, Executive Coach, and a Leadership Consultant. He received his B.A. in Psychology from UCLA and his M.A. and Ph.D. in Clinical Psychology from the California Graduate Institute.

dreliagourgouris@msn.com