

## **Summary of Dan Gilbert > 150**

Dr. Daniel Todd Gilbert is a social psychologist and Harvard professor, as well as proclaimed expert in happiness. He has a laundry list of accolades and honors for his work in the field, including winning a Guggenheim Fellowship and the Phi Beta Kapp teaching prize. He received his Bachelor's degree in Psychology from the University of Colorado, and his Ph.D. in Social Psychology from Princeton University. He has been a professor at Harvard University for many years, and has been featured in many textbooks on the subject. In addition to his academic achievements, he has written essays and articles for The New York Times, Time, and even Starbucks.

## **Summary of ted talk: The Surprising Science of Happiness < 150**

Based off the success of his New York Times bestselling book “Stumbling on Happiness”, Dan Gilbert went a step beyond and gave a discussion on the idea that happiness can be broken down into two basic components. The happiness that we happen to come across, and the happiness that we create for ourselves. He talks of our ‘psychological immune system’, and allowing it to make us happy as opposed to getting everything we want. “The Surprising Science of Happiness” is Gilbert’s first TED Talk, and a massive hit at that. With over 16 million views, it is amongst one of the most popular TED Talks of all time.

## **Summary of ted talk: Why We Make Bad Decisions < 150**

Dan Gilbert believes that our views and beliefs on happiness aren't quite accurate. In his TED Talk, “Why We Make Bad Decisions”, he presents research and data he has found in his exploration of happiness. He states that we all have the tools we need to help us do the right thing at all times. But we don't always make the best decision, instead making bad ones from time to time. In this, he states that the problem is that we can't always use it effectively simply because we aren't able to estimate odds and values. Essentially meaning that we either overestimate, or underestimate, the outcome of our decision. To prove his point, Gilbert even gives the audience several experiments and tests that they could try on themselves.

This 2005 TED Talk did not reach the immense success of his previous discussion, but however has garnered over 4 million views.

## **Summary of ted talk: The Psychology of Your Future Self <150**

Drawing on some of the principles in his book “Stumbling on Happiness”, Gilbert gives a TED talk about a phenomenon he has deemed ‘the end of history illusion’. What exactly does this mean? Well, according to Gilbert, we as humans have made the mistake of thinking of ourselves as finished products, as opposed to works in progress. Elaborating on this, he further dives into the idea that most people believe that who they are in this very moment, is the same person they'll be decades from now. He gives the audience a lesson on the fundamental misconception we have on the power of time. Using research and data he's gathered over the years, he explains how we must break this notion in order to truly grow as individuals.

This 2014 TED Talk is not quite as popular as his very first TED Talk, but still has gathered a whopping 3.8 million views and counting.

## **Summary of books: >150 words**

### **1: The Handbook of Social Psychology**

The first edition of this social psychology textbook was published back in 1935. It has been a major achievement in the field, as it was the first major reference textbook for social psychology. It has gone through several editions as the nature of the field has grown and expanded since its debut. “The Handbook of Social Psychology” has been utilized in numerous colleges and universities around the world, and has remained as one of the most prominent textbooks in social psychology. The fifth edition is where Gilbert comes in, being one of three editors for this newest edition.

*[ I wasn't sure if you wanted to keep this book included in his book list as he was only an editor for this textbook, but I wrote the summary anyway in case you did want to keep it ]*

### **2: The Selected Works of Edward E. Jones**

There have been many social psychologists to pave the way for this discipline of psychology, but none like Edward E. Jones. Back in the twentieth century, he was by far one of the most influential in the field. “The Selected Works of Edward E. Jones” is a collection of some of his most important works on a variety of topics from his seminal papers on the correspondence bias, to his observations on the actor-observer effect. Wrapped neatly by Gilbert, who gives an introduction to provide context for readers to understand Jones's ground-breaking contributions to social psychology.

*[ This one as well I wasn't sure if you wanted to keep, as this was more of a collection of Edward Jones's work while Gilbert only wrote the introduction as well as a few snippets throughout the book. I included it though just in case you did want to keep this one as well ]*

### **3: Stumbling on Happiness**

Gilbert's New York Times bestselling book “Stumbling on Happiness” asks the question, how are we as humans able to imagine the future, and whether or not we will like what we see when we get there. Gilbert ties together scientific research in a variety of principles including cognitive neuroscience, philosophy, behavioral economics, and psychology to answer the question of why we think the future will always be better.

### **4: Introducing Psychology**

“Introducing Psychology” isn't like most textbooks, droning on and on while students have drifted off into dreamland. Daniel Schacter, Daniel Wegner, and Daniel Todd Gilbert made sure of that. Together, they wrote this highly engaging textbook about the field of psychology. They cover the essential topics within psychology, but do so in a way to spark reader's imaginations and curiosities. These three authors manage to pack everything students need to know about the various topics in psychology, but in a way that makes it clear and crisp for a thought-provoking adventure into the field. It's a priceless resource for student wanting to get that glimpse into the psychology world they crave, but without boring them to death like other textbooks of the same type might.

