

The Pursuit of Happiness — Reflections from Buddha, Science, and the Proposal Hombre

Recent movies (*Limitless* and *Lucy*) have made us imagine what would happen if we used 100% of our brain. The sad truth is, we already do. So now what? How can we achieve happiness, especially in a job industry that creates more stress than a dream about running naked and late to your college exam? Can you hit the jackpot and find true happiness? In this presentation, you will learn about the human brain, studies that actually track what makes people happy, and some tips on how you can decrease stress, eliminate anger, and pursue your vision of happiness.



- *David Sotolongo*

David is Vice President of Business and Proposal Development at RTI International. He is a Fellow of APMP and has presented on a variety of topics at APMP conferences, including the Generation Gap at Work, 8 Simple Rules for Dating My Proposal Manager, and other vaguely interesting proposal topics. You can follow David on Twitter (@ProposalHombre) and seek true happiness in 128 characters or less.