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THE PODCAST



*“You need a happiness 401k plan. There are four deposits that you need to make: your faith, your family, your real friendships, and your work.”*

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**ARTHUR BROOKS**

Author of *From Strength To Strength*

Many of us are success addicts and we don't even know it. Arthur C. Brooks, author of [From Strength to Strength](#), joins the show to discuss why our brains are wired to chase achievement and how it can negatively impact our overall happiness. He also shares where we should focus our lives to find more fulfillment.

[Click here](#) to listen to the episode

## Meet Arthur (@Arthurbrooks)

Arthur C. Brooks is the William Henry Bloomberg Professor of the Practice of Public Leadership at the Harvard Kennedy School and Professor of Management Practice at the Harvard Business School. Before joining the Harvard faculty in July of 2019, he served for ten years as president of the Washington, D.C.-based American Enterprise Institute (AEI), one of the world's leading think tanks.

Brooks is the author of 12 books, including the #1 New York Times bestseller "[From Strength to Strength](#)," and national bestsellers "Love Your Enemies" (2019) and "The Conservative Heart" (2015). He is also a columnist for The Atlantic, host of the podcast "How to Build a Happy Life with Arthur Brooks," and subject of the 2019 documentary film "The Pursuit," which *Variety* named as one of the "Best Documentaries on Netflix" in August 2019. He gives more than 100 speeches per year around the U.S., Europe, and Asia.

Brooks began his career as a classical French hornist, leaving college at 19, touring and recording with the Annapolis Brass Quintet and later the City Orchestra of Barcelona. In his late twenties, while still performing, he returned to school, earning a BA through distance learning at Thomas Edison State College, and then an MA in economics from Florida Atlantic University. At 31, he left music and earned an MPhil and PhD in public policy analysis from the Rand Graduate School, during which time he worked as an analyst for the Rand Corporation's Project Air Force.

Brooks then spent 10 years as a university professor, becoming a full professor at Syracuse University's Maxwell School of Citizenship and Public Affairs in his seventh year out of graduate school and occupying the Louis A. Bantle Chair in Business and Government. During this decade, Brooks published 60 peer-reviewed articles and several books, including the textbook "Social Entrepreneurship" (2008).

In 2009, Brooks became the 11th president of AEI, also holding the Beth and Ravenel Curry Chair in Free Enterprise. Under his leadership, the Institute more than doubled its annual revenues, deepened its outreach to leaders across the ideological spectrum, and expanded its research portfolio to include work on poverty, happiness, and human potential. During this period, he was selected as one of Fortune Magazine's "50 World's Greatest Leaders" and was awarded six honorary doctorates.

Originally from Seattle, Brooks currently lives in Needham, Massachusetts, with his wife Ester Munt-Brooks, who is a native of Barcelona. They have three children, Joaquim, Carlos, and Marina. (Bio Courtney of arthurbrooks.com)

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