

FROM
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NOTEBOOK



THE PODCAST



“How you want to be remembered, what you want people to say about you, how you want to have existed in their minds and in their hearts is a good guide post for how you spend your hours.”

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DR. CASSIE HOLMES

Author of *Happier Hour*, Professor at
UCLA Anderson School of Management

Dr. Cassie Holmes, an expert on time and happiness, joins Joe to discuss her recently published book, [Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most](#). She provides useful advice for those who find themselves feeling like they spend all their time working and don't have any time or energy left for the things that bring them happiness.

About Cassie

Cassie Mogilner Holmes is a Professor at UCLA's Anderson School of Management. Cassie is an expert on time and happiness. Her research examines such questions as how focusing on time (rather than money) increases happiness, how the meaning of happiness changes over the course of one's lifetime, and how much happiness people enjoy from extraordinary versus ordinary experiences. Across these inquiries, her findings highlight the joy that stems from interpersonal connection and paying attention to the present moment.

Cassie's academic research on the role of time in cultivating well-being has been published in leading academic journals, including *Psychological Science*, the *Journal of Personality and Social Psychology*, and the *Journal of Consumer Research*, and earned her the Early Career Award from both the Association of Consumer Research and the Society of Consumer Psychology. Cassie was identified by *Poets & Quants* as one of the best 40 business professors under 40, and popular accounts of her research have been featured on NPR and in such publications as *The Economist*, *The New York Times*, *The Wall Street Journal*, the *Financial Times*, and *Scientific American*.

Professor Cassie Holmes is the author of [Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most](#), which is based on her wildly popular MBA course, "[Applying the Science of Happiness to Life Design.](#)"

Holmes is a faculty affiliate with [The UCLA Bedari Kindness Institute](#), an interdisciplinary organization dedicated to the research, education, and practice of kindness.

Previously, Holmes was a tenured faculty member and award-winning teacher at the Wharton School at the University of Pennsylvania. She has a Ph.D. from Stanford University's Graduate School of Business, and a B.A. from Columbia. (Bio courtesy of [Cassieholmes.com](#))

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