Chapter 12: Intelligence

**Video Title:** The Surprising Science of Happiness

**Video URL:** <https://www.youtube.com/watch?v=4q1dgn_C0AU>

**Run Time:** 21:19

**Source:** YouTube/TED

**Close Caption Available:** Yes

Psychologist Dan Gilbert discusses his research on happiness.

Questions:

1. What is the psychological immune system?
2. How can we feel happy, even in the face of problems and failure?
3. Can you apply one or more theories of happiness to explain this phenomenon? Which one(s)?