

The HONORS Institute

Speaker Series



Monroe Community College

STATE UNIVERSITY OF NEW YORK

From Stumbling Blocks to Stepping Stones: Overcoming Five Key Barriers to Happiness

**Wednesday March 19, 2014
12:00-1:00 pm, Room 5-100**

Who wouldn't want
to be happier?

The motivation to
find and live the
good life is as old
as humankind,
yet it is only in the
past fifteen years
that scientists
have launched a



deliberate, systematic investigation into
what enables human beings to flourish. This
research effort is called Positive Psychology,
and already tremendous insights have been
gleaned about how each of us can raise our
baseline level of happiness. Join Professor
Susan Thompson as she illumines five key
barriers to happiness and well-being, and
shows how you can turn those stumbling
blocks into stepping stones toward a more
enriched, fulfilled, and satisfied life.

*Susan Thompson, PhD, is a professor of
Psychology at Monroe Community College.*