

EIGHT WEEKS TO HAPPINESS



Taking the
new science of
positive psychology
to the streets





EIGHT WEEKS TO HAPPINESS

What is the key to real, sustained happiness?



Why are some people perpetually happy while others seem doomed to a life of misery?

Is it love, money, good looks or good genes? Or is happiness really all in the mind?

In recent years, scientists have made significant progress towards understanding the concept of happiness. They have discovered that happiness is not just a fleeting emotion or an inborn quality, but a skill that can be cultivated through positive psychology, mindfulness and exercise. The effect of happiness can be seen in our brains, bloodstreams and behaviour. What's more, happiness is contagious.

In **EIGHT WEEKS TO HAPPINESS**, the latest research from the science of happiness has been compiled, consolidated and taken for a test drive on suburban streets.

Eight ordinary people from a suburb identified by a university study as the unhappiest in the country embark on an extraordinary journey. Hoping to find greater fulfilment and meaning in their lives, they've signed up to an eight-week happiness program, working with an elite team of experts, and undergoing a series of scientifically validated experiments. What they experience will change their lives, and what they discover could enrich us all.

Pushed to their emotional and physical limits over eight challenging weeks, they discover that the road to happiness is full of twists and turns. For many of them, it's uncharted territory. Do they reach their destination? Can happiness change their biology and the functioning of their brain? And will they unleash a nationwide happiness epidemic?

Tune in to find out. And be warned, happiness is contagious.

SERIES DIRECTOR Kalita Corrigan

SERIES PRODUCER Will Parry

PRODUCER Jennifer Cummins

EXECUTIVE PRODUCER Daryl Karp

PRODUCTION COMPANY Heiress Films



Duration 3 x 55'

Contact Program Sales Worldwide

Australia, New Zealand and Rest of World Sales Sydney Head Office
700 Harris Street Ultimo NSW 2007 Australia tel +61 2 8333 5351 fax +61 2 8333 3169

UK and European Sales London Office tel +44 20 7079 3201 fax +44 20 7079 3251
email abc.contentsales@abc.net.au website www.abcccontentsales.com.au



ABC

Australian Broadcasting Corporation

Commercial