

Resources for Building a Happier Life with Arthur Brooks

Arthur C. Brooks is a leading expert on happiness, leadership, and personal fulfillment. As a professor at Harvard Kennedy School and Harvard Business School, he teaches courses on leadership and well-being, guiding students on how to cultivate a more meaningful life. He is also a columnist for The Atlantic, where his “How to Build a Life” column offers practical insights on happiness. A sought-after speaker and bestselling author, Brooks has written 13 books, including *From Strength to Strength* and *Build the Life You Want* with Oprah Winfrey. Through his research, writing, and speaking, he empowers individuals and organizations worldwide to elevate their well-being and find deeper purpose in life.

For those looking to apply his insights in their own lives, the following resources offer practical guidance on building happiness, purpose, and well-being.

- [**Rich Roll Podcast**](#) – Arthur Brooks joins Rich Roll to discuss cultivating a meaningful life, earning your success, and practical steps to living happier.
- [**CBS Mornings: Finding Positivity in Hardship**](#) – David Cornbrooks, diagnosed with Stage 4 lung cancer, shares how Arthur Brooks' teachings on happiness helped him stay positive during treatment.
- [**92NY: Oprah Winfrey & Arthur Brooks**](#) – In conversation with George Stephanopoulos, Oprah and Brooks reveal insights from their book *Build the Life You Want: The Art and Science of Getting Happier*.
- [**CBS Mornings: Meaningful Resolutions**](#) – Arthur Brooks discusses setting New Year's resolutions that prioritize relationships, purpose, and well-being over external achievements.
- [**Student Reading Guide for Build the Life You Want**](#) – A discussion guide featuring thought-provoking questions and student reflections on happiness science.
- [**Super Soul Series: Build the Life You Want**](#) – A three-part series where Oprah and Arthur Brooks dive deeper into the principles of their book.
- [**CBS: Charting a Course for Happiness**](#) – Norah O'Donnell interviews Oprah and Arthur Brooks about their book and how to intentionally shape a happier life.
- [**The Tim Ferriss Show**](#) – Tim Ferriss and Arthur Brooks discuss strategies for happiness, including common obstacles and practical solutions.