



SEEKING HAPPINESS

by Larissa Trueby



SYNOPSIS

What is happiness? And how does one's personal definition of happiness change in the course of one's life? Protagonists between the ages of 11 and 90 tell us about their lives and talk about their desires and goals. They look into the future with hope. Insights into these personal lives are accompanied by interesting contributions from international scientists. Representatives from the field of happiness research including Ed Diener, Timothy Sharp and Ruut Veenhoven, among others, from the USA, Australia, Holland and Germany reflect on the latest status of research and the personal perception of happiness. What kind of effect do happy moments have on our brain? How can we break with old patterns of thought? And is there a recipe for happiness? A film with visual power and emotional intensity.

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CAST AND CREW

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FORMAL CATEGORIES

Science

ORIGINAL LANGUAGES

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