

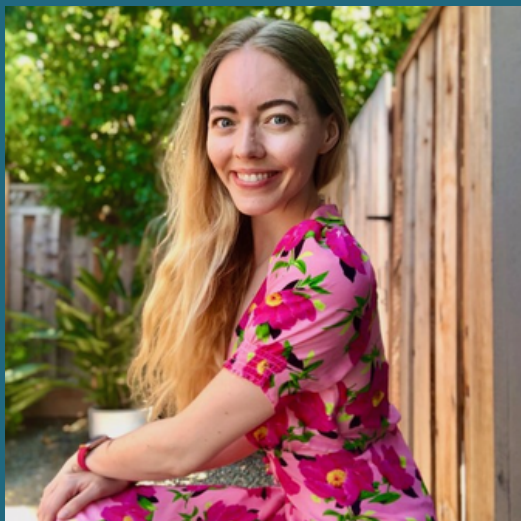


@thenewhappy  
393K

# STEPHANIE HARRISON

FOUNDER OF THE NEW HAPPY

[www.thenewhappy.com](http://www.thenewhappy.com)



## About Stephanie Harrison

Stephanie Harrison is the founder of The New Happy, an organization dedicated to advancing the philosophy that individual happiness arises by creating happiness for the collective. Stephanie developed The New Happy philosophy during her graduate studies at the University of Pennsylvania, where she received a Master's in Applied Positive Psychology. As an expert in well-being and behavior change, Stephanie has been cited in publications such as Forbes, The Huffington Post, and Verywell is a regular keynote speaker at companies and conferences and is the author of the forthcoming book, The New Happy. For more information, please visit [www.thenewhappy.com](http://www.thenewhappy.com)

## Why The New Happy?

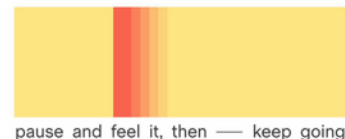
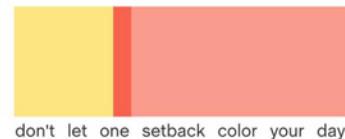
- The New Happy is dedicated to advancing the philosophy that individual happiness arises by creating happiness for the collective. Based on hundreds of academic studies and original research, The New Happy contends that true, lasting happiness comes from being of service to others. When this path is followed, happiness is not only created for oneself but also for others, increasing the collective well-being of the planet.
- On a mission to help people find their New Happy, The New Happy produces a newsletter, blog, and podcast with science-backed insightful tips and practical tools to help people on their journey.
- Every human being has the right to true happiness, and The New Happy seeks to shift society's flawed understanding of happiness and inspire systemic changes.
- Over the past year, The New Happy's educational and illuminating Instagram posts have gone viral and attracted a community of supporters (390k+) who strive to embody the philosophy in their own lives. Artfully illustrated, scientifically-backed data visualizations about mindfulness, kindness, and mental health receive thousands of likes and shares and have garnered attention from media outlets and influencers alike.

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# Suggested Interview Questions

- Your Instagram account, The New Happy, has attracted a community of followers with your bright data visualizations going viral. Tell us about The New Happy and what you're doing there.
- Why does happiness seem out of reach for so many?
- What is some misinformation you've seen about happiness? How is it harming people?
- Tell us about The New Happy philosophy. How did it come to be?
- How are you helping others adopt the New Happy philosophy?
- Why do you think your Instagram posts are resonating with so many?
- Your approach is scientifically backed by academic research. Can you give us some examples of data points that support your philosophy?
- Happiness isn't so much about us as it is about others. How so?
- Life is hard—how can people find happiness even amid hard things?
- How do you hope your work will help others?

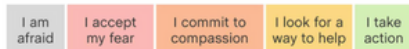
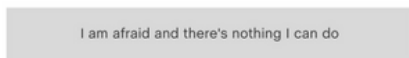


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# Suggested Interview Topics

- Why the old definition of happiness has you anything but
- Happiness is attainable, but it may not look how you thought
- The New Happy: it's not about you
- 3 tips to help you be happy
- The scientifically-backed way to find happiness
- What science has to say about your happiness
- What is New Happy?
- Are you happy? It may look different than you think.
- Data backed happiness
- Happiness for all: here's how we achieve it
- Service: the heart of a good life
- 5 things to try if you're feeling blue
- How The New Happy's Instagram feed can help you find happiness
- What you need to know about the New Happy
- Out with the old, in with the new: it's time to redefine happiness
- Happiness is a journey, and that's okay

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