



Video: EMERGENCY EPISODE: Ex-Google Officer Finally Speaks Out On The Dangers Of AI! – Mo Gawdat (VIDEO 120 min)

Description

Mo Gawdat is an Egyptian entrepreneur and author. He is the former chief business officer for Google X and author of the book Solve for Happy.

Gawdat was born in Egypt in 1967. He studied engineering at the American University in Cairo and then worked as a management consultant for McKinsey & Company. In 1999, he moved to the United Arab Emirates to join NCR Corporation as the head of the non-finance sector. He later worked for Microsoft in various roles, including as the regional director for the Middle East and Africa.

In 2007, Gawdat joined Google as the head of business development for emerging markets. In 2013, he moved to Google X, where he led business strategy, planning, sales, business development, and partnerships.

In 2014, Gawdat's son Ali died suddenly at the age of 21. The experience of losing his son led Gawdat to question his own understanding of happiness. He began to research the science of happiness and eventually wrote the book Solve for Happy.

Solve for Happy was published in 2017 and became a New York Times bestseller. The book has been translated into over 30 languages. In Solve for Happy, Gawdat argues that happiness is not a destination, but a journey. He offers a seven-step formula for finding happiness, which includes:

1. **Redefine happiness.** Happiness is not about having everything you want, but about wanting everything you have.
2. **Stop comparing yourself to others.** Everyone is on their own journey, so don't compare your happiness to someone else's.
3. **Focus on the present moment.** The past is gone and the future is uncertain, so focus on the present moment and enjoy it.
4. **Be grateful.** Gratitude is a powerful emotion that can boost your happiness.
5. **Help others.** Helping others is a great way to feel good about yourself and make the world a better place.
6. **Take care of your body.** Your physical health is essential for your mental health, so make sure

to eat healthy, exercise, and get enough sleep.

7. **Spend time with loved ones.** Our relationships are the most important things in our lives, so make sure to spend time with the people you love.

Category

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