

Daniel Gilbert

Quotes

People, Thinking, Brain, Happiness, Eye, Believe, Mistake, Memories, Looks, Reality, Running, Important, Environmental, Hands, Self, Emotional, Should, Unhappy, Trying, Causes

People are drastically overconfident about their judgments of others.

~Daniel Gilbert

We are happy when we have family, we are happy when we have friends and almost all the other things we think make us happy are actually just ways of getting more family and friends.

~Daniel Gilbert

The brain and the eye may have a contractual relationship in which the brain has agreed to believe what the eye sees, but in return the eye has agreed to look for what the brain wants.

~Daniel Gilbert

People are happiest when they're trying to achieve goals that are difficult but not out of reach.

~Daniel Gilbert

People want to be happy, and all the other things they want are typically meant to be a means to that end.

~Daniel Gilbert

The good news is that going blind is not going to make you as unhappy as you think it will. The bad news is that winning the lottery will not make you as happy as you expect.

~Daniel Gilbert

Our brain accepts what the eyes see and our eye looks for whatever our brain wants.

~Daniel Gilbert

The secret of happiness is variety, but the secret of variety, like the secret of all spices, is knowing when to use it.

~Daniel Gilbert

Happiness refers to feelings, virtue refers to actions, and those actions can cause those feelings. But not necessarily and not exclusively.

~Daniel Gilbert

We treat our future selves as though they were our children, spending most of the hours of most of our days constructing tomorrows that we hope will make them happy

~Daniel Gilbert

Human beings are works in progress that mistakenly think they're finished.

~Daniel Gilbert

If you are like most people, then like most people, you don't know you're like most people.

~Daniel Gilbert

My friends tell me that I have a tendency to point out problems without offering solutions, but they never tell me what I should do about it.

~Daniel Gilbert

The fact that we often judge the pleasure of an experience by its ending can cause us to make some curious choices.

~Daniel Gilbert

The word happiness is used to indicate at least three related things, which we might roughly call emotional happiness, moral happiness, and judgmental happiness.

~Daniel Gilbert

Reality' is a movie generated by our brains. Because we don't realize this, we are far too confident that the stuff appearing in the movie is actually 'out there' in the world when, in fact, it's not.

~Daniel Gilbert

Impact is rewarding. Mattering makes us happy.

~Daniel Gilbert

Daniel Levitin has more insights per page than any other neuroscientist I know. The organized Mind is smart, important, and, as always, exquisitely written.

~Daniel Gilbert

The price we pay for our irresponsible explanatory urge is that we often spoil our most pleasant experiences by making good sense of them.

~Daniel Gilbert

The data says that with the poor, a little money can buy a lot of happiness. If you're rich, a lot of money can buy you a little more happiness. But in both cases, money does it.

~Daniel Gilbert

The eye and brain are conspirators, and, like most conspiracies, theirs is negotiated behind closed doors, in the back room, outside of our awareness.

~Daniel Gilbert

Alas, we think of ourselves as unique entities-minds unlike any others-and thus we often reject the lessons that the emotional experience of others has to teach us.

~Daniel Gilbert

Research suggests that people are typically unaware of the reasons why they are doing what they are doing, but when asked for a reason, they readily supply one.

~Daniel Gilbert

The truth is, bad things don't affect us as profoundly as we expect them to. That's true of good things, too. We adapt very quickly to either.

~Daniel Gilbert

We don't believe other people's experiences can tell us all that much about our own. I think this is an illusion of uniqueness.

~Daniel Gilbert

To learn from experience, we must remember it, and, for a variety of reasons, memory is a faithless friend.

~Daniel Gilbert

Humans react to danger when it is immediate, immoral, visible... Global warming does not press any of those buttons.

~Daniel Gilbert

In short, if we adhere to the standard of perfection in all our endeavors, we are left with nothing but mathematics and the White Album.

~Daniel Gilbert

Arthritic toothless people who love orgasms are more likely to reproduce than are limber, toothy people who do not.

~Daniel Gilbert

Our inability to recall how we really felt is why our wealth of experiences turns out to be poverty of riches.

~Daniel Gilbert

Most of us appear to believe that we are more athletic, intelligent, organized, ethical, logical, interesting, open-minded, and healthy-not to mention more attractive-than the average person.

~Daniel Gilbert

Global warming is a deadly threat precisely because it fails to trip the brain's alarm, leaving us soundly asleep in a burning bed.

~Daniel Gilbert

Is happiness really the only thing we should be aiming for?

~Daniel Gilbert

We humans can look deep into future and predict what will happen, but then turn around and do nothing about it.

~Daniel Gilbert

Psychologists call this habituation, economists call it declining marginal utility, and the rest of us call it marriage.

~Daniel Gilbert

Variety improves the things that we do too often, but it rules the things that we don't do often enough.

~Daniel Gilbert

Perceptions are portraits, not photographs, and their form reveals the artist's hand every bit as much as it reflects the things portrayed

~Daniel Gilbert

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