

Concrete Strategies, Not Empty Aphorisms, Fill the Pages of the Groundbreaking Book, The Happiness Formula

Until now, happiness, though fundamental to human existence, had been considered too vague and elusive to quantify.

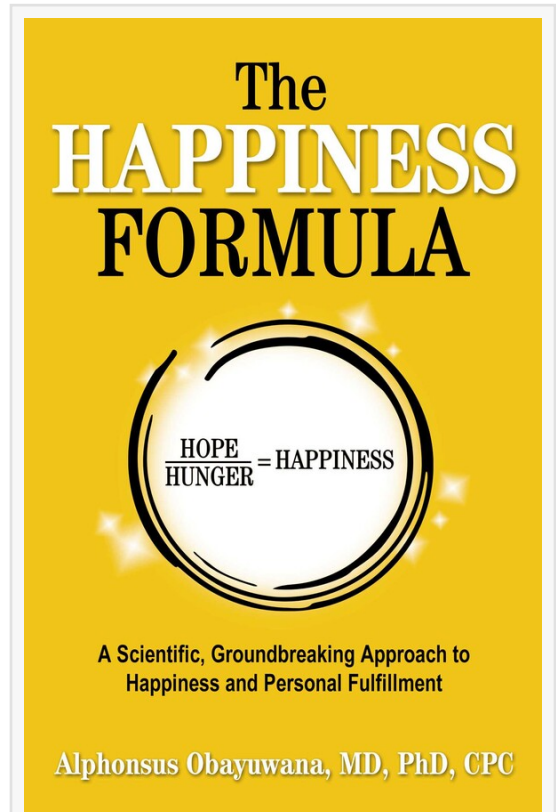
PERRYSBURG, OH, UNITED STATES, November 5, 2024 /EINPresswire.com/ -- The pursuit of happiness is universal, but objectively measuring happiness has remained elusive — until now. Dr. Alphonsus Obayuwana, MD, Ph.D., CPC, has developed a simple equation that can assign a numerical happiness score to any individual, regardless of demographics, using a universal unit of measure called the Personal Happiness Index (PHI).

“We all want to be happier,” Dr. Obayuwana said. “There is no one person you are going to meet who is not seeking happiness.”

For Dr. Obayuwana, the quest to identify the causative factors and objectively quantify degrees of happiness took 30 years of research, the results of which are revealed in his new book, [The Happiness Formula: A Scientific, Groundbreaking Approach to Happiness and Personal Fulfillment](#).

“Unlike other books about happiness, which are too often filled with dos and don’ts, wishful thinking, and empty aphorisms, The Happiness Formula breaks new ground,” said Dr. Obayuwana. “Despite its title, The Happiness Formula is much more than a mathematical equation for measuring happiness. It is a book about life, the relationship between human hope and happiness, one’s overall feeling of personal satisfaction and subjective well-being.”

In addition to individuals seeking happiness, Dr. Obayuwana wrote the book for those who serve



After 30 years of research, Dr. Alphonsus Obayuwana has discovered a simple equation that makes it possible, for the first time, to assign a valid numerical happiness score to any human adult — regardless of age, income, language, culture, or nation of origin.

in helping professions, such as life coaches, chief happiness officers, directors of human services, and other types of administrators, policymakers, and researchers who are involved in the “business” of human happiness.

The book is also geared toward happiness coaches, as it offers a strong theoretical basis and firm practical structure for happiness coaching, which currently has no existing guidelines.

The idea of the Personal Happiness Index began in 1982 when Dr. Obayuwana was developing the Hope Index Scale (HIS) to measure human hope and prevent suicide. That scale became adopted by The Coca-Cola Company, General Motors, the U.S. Department of Veterans Affairs, and academic institutions across the globe.

In addition to the book, Dr. Obayuwana is available to discuss related topics such as why children are happier than adults, how or why achievements make people happy, and why there’s still lingering unhappiness from the pandemic.

About the Author

Alphonsus Obayuwana, MD, PhD, CPC, is a physician-scientist, a happiness coach, and the founder and CEO of Triple-H Project LLC, an entity that trains and certifies happiness coaches. He is a Literary Titan Gold Award-winning author who has published several peer-reviewed articles in national medical journals about human hope and happiness, including The Hope Index Scale that became widely used at the Coca-Cola Company, General Motors, the Veterans Administration, and many

academic institutions inside and outside the United States. After 30 years of relentless research on human hope and happiness, he successfully derived the Triple-H Equation that is at the core of his latest book, *The Happiness Formula*.

Throughout his faculty tenures at Johns Hopkins School of Medicine, Eastern Virginia Medical School, Ohio University College of Osteopathic Medicine, and University of Toledo, he has taught and mentored medical students, resident physicians, nurses, and fellows in the art and science of caring and promoting happiness for themselves and their



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*Dr. Alphonsus Obayuwana,
MD, Ph.D., CPC*

patients. Dr. Obayuwana is also a retired major in the United States Air Force (Reserve). He is married to Ann Louis, his wife of 47 years. Together, they have two sons and three granddaughters. For recreation, he loves walking, reading, listening to music, and playing on his drum set.

Amazon link: <https://www.amazon.com/Happiness-Formula-Scientific-Groundbreaking-Fulfillment/dp/0757325084>

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