



HARVARD

Office of the Vice Provost for Advances in Learning

A VPAL SIGNATURE EVENT

TIME, MONEY, AND HAPPINESS



Ashley Whillans

Assistant Professor (HBS)



Felicia Joy

Executive Vice President of Business Transformation and head of Behavioral Science at Edelman



Geoff Smart

Chairman & Founder of ghSMART

There's an 80 percent chance you're poor. Time poor, that is. Four out of five adults report feeling that they have too much to do and not enough time to do it. These time-poor people experience less joy each day. They laugh less. They are less healthy, less productive, and more likely to divorce. In one study, time stress produced a stronger negative effect on happiness than unemployment. How can we escape the time traps that make us feel this way and keep us from living our best lives? Award winning Harvard Business School Professor Ashley Whillans discusses the relationship between time, money, and happiness, and answers questions about her new book *Time Smart: How to Reclaim Your Time, & Live a Happier Life* alongside two distinguished panelists.

JOIN US LIVE ON WEDNESDAY, APRIL 21 FROM 5-6:00PM

REGISTRATION CLOSES AT 3PM ON WEDNESDAY, APRIL 21

VISIT [BIT.LY/VPAL42121](https://bit.ly/vpal42121) TO RSVP

PRESENTED BY THE OFFICE OF THE VICE PROVOST FOR ADVANCES IN LEARNING
[VPAL.HARVARD.EDU](https://vpal.harvard.edu)