

Happiness

Prof Sir Kenneth Calman



7.30 p.m 18th November, 2015
Main Lecture Theatre, (3.25)
John Anderson Building
University of Strathclyde

Biography

Sir Kenneth Calman is Chancellor of the University of Glasgow. He became Professor of Oncology in 1974. In 1989 he was appointed CMO for Scotland then CMO England. He was on the Executive Board of WHO. He chaired the Commission on Scottish Devolution (2008-9) and the National Trust for Scotland (2010-15). His most recent book is "A Doctor's Line. Poems and Prescriptions in Health and Healing."

<http://www.universitystory.gla.ac.uk/biography/?id=WH2033&type=P>

Abstract

This talk will be a personal exploration of happiness and how it is linked to my own experiences and to readings on the subject. Happiness is an individual issue, is influenced by many things and much depends on what matters most to each of us. The audience will be invited to consider what matters most to them. To be happy requires action, you can't just wait for it to arrive. For many people it is in the helping of others (family, colleagues, students, those in need etc) which brings most happiness. For others it will involve doing something worthwhile, with a purpose and fulfilling; and the two may be related. Happiness has many components; personal, social, environmental, political and spiritual. Unhappiness will still occur, and the key is how we deal with it. At the heart of happiness is love which comes from within, and the choices we make.