



## Resilient podcast series

# What's the relationship between happiness and resilience? Neil Pasricha explores the art of happy lawyering

### Host:

**Lori Lorenzo**, Research & Insights director, Chief Legal Officer Program, Deloitte Transactions and Business Analytics LLP

### Guest:

**Neil Pasricha**, author of *The Happiness Equation* and *The Book of Awesome*

**Lori Lorenzo:** Welcome to *Resilient*. I'm Lori Lorenzo, Deloitte Research & Insights director for our Chief Legal Officer Program and host of the Resilient Chief Legal Officer track.

What does happiness have to do with resilience? In this episode, which is part of our influencer series, Neil Pasricha, author of *The Happiness Equation* and *The Book of Awesome*, shares unique insights and practices for fostering happiness, and the connection happiness has to fostering resilience.

**Neil Pasricha:** It's a false assemblage that we've put in front of our brains that you need to go, "can do-want to do-do." That's not true. It's actually the opposite. It's you have to do, then you think you can do, and then you want to do. So a different way of saying it is we grow up thinking that motivation leads to action, but it turns out that action leads to motivation.

**Lori Lorenzo:** I hope you enjoyed this preview. For the full episode, go to your favorite podcast app and search *Resilient*. You can listen on Apple Podcasts, SoundCloud, Amazon Music, Spotify, or wherever you go to get your podcasts.

If you're curious about legal leadership and trends that are impacting today's in-house counsel, I encourage you to visit our [Chief Legal Officer Program site on deloitte.com](#).

Until next time, remain resilient.

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