

The Science of Happiness!

Professor Neil Frude

Everyone wants to be happy, although “happiness” means different things to different people. Questions about the nature of happiness, and its causes and effects, have been debated for centuries, but in recent years Positive Psychology has provided firm scientific answers to many age-old controversies.

This lecture will explore positive psychology in a lively and engaging way and will include a number of suggestions for simple strategies that people can use to increase their own optimism, happiness and resilience. The relevance of positive psychology to mental health, children’s wellbeing and retirement will also be explored.

People who have attended previous versions of the lecture have reported:

“... I found it really inspiring”, “... opens up a whole new way of thinking”, “... fascinating, amusing, so engaging” and “... motivated me to work on becoming happier”.

Professor Neil Frude



Neil Frude is a consultant clinical psychologist, Honorary Professor at Cardiff University and Visiting Professor at the University of South Wales. Until 2016 he was Research Director of the South Wales doctoral training course in clinical psychology, based at Cardiff University. In his long career he has published a number of books on topics as diverse as family relations, disruption in schools, violence and human interaction with computers. Neil is a Fellow of the British Psychological Society and he received the 2014 Lifetime Achievement Award from the Society. He has also appeared as a stand-up comedian at the Edinburgh Fringe Festival, his most recent show, in 2017, being “The Future of Desire”.