



UNLOCK THE “FAITH PERKS”

That Boost Happiness Odds By 44%— No Faith Required.

Pew Research Center found that actively religious U.S. adults are **44 % more likely** to report being “very happy.” What if skeptics could tap into the same uplift—minus the religion?

The Benefits Of Faith For Skeptics By Daryl Goldberg

In this fresh, heartfelt TEDx San Diego talk, Daryl Goldberg shares how anyone—atheist, agnostic, or believer—can harness the science-backed upsides of faith practices to live richer, more connected lives. ([Watch the entire speech HERE.](#))

6 Daily Habits That Super Charge Happiness

Put them into practice today and start closing that 44 % gap.

1. **Set A Positive Intention:** A simple prayer, affirmation, or moment of mindful focus rewires your brain toward what you truly want (even if the only one listening is yourself).
2. **Practice Daily Gratitude:** Jot down three things you appreciate. Train your mind to see abundance, not lack.
3. **Forgive—Others And Yourself:** Work on releasing resentments; it’s like setting down a backpack of bricks you didn’t know you were carrying.
4. **Let Go Of What You Can’t Control:** Surrender the illusion of control, and redirect that energy toward what you can shape.
5. **Embrace Purpose:** Define a “why” that pulls you out of bed each morning—big or small, it anchors you in meaning.
6. **Increase Unconditional Love:** Extend compassion more freely—to friends, strangers, and, most critically, to yourself.

Meet Daryl Goldberg | AUTHOR • SPEAKER • RELATABLE SKEPTIC

Daryl is a lifelong question asker who once dismissed religion—until he discovered its measurable benefits. With a background in filmmaking and storytelling, he translates complex ideas into engaging, actionable insights.

- Author of First-Time Filmmaker F#^—ups (Focal Press)
- Lifelong learner & thought leader
- Lives for scuba dives, strong coffee, and honest conversations

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