



## Mo Gawdat

AUTHOR

Serial Entrepreneur, Founder - OneBillionHappy, Podcast Host - Slo Mo, Author and Speaker



### About:

- **Gender:** Male
- **Languages:** English
- **Travels from:** United Arab Emirates

### Engagement Types:

- Speaking

### Topics:

- AI Ethics
- Artificial Intelligence & Machine Learning
- Future of Technology
- Growth Strategy
- Health & Wellbeing
- Leadership & Management
- Mindfulness & Resilience
- Stress Management
- Technology & AI

## Biography Highlights

- Former Chief Business Officer, Google X3x Bestselling Author/Host, #1 Mental Health Podcast, Slo Mo/Founder, One Billion Happy/Co-Founder, Unstressable/Chief AI Officer, Flight Story

## Biography

### Meet Mo Gawdat

Mo Gawdat is the former Chief Business Officer of Google [X]; host of the popular podcast, Slo Mo: A Podcast with Mo Gawdat; author of the international bestselling books *Solve for Happy*; *Scary Smart*; and *That Little Voice in Your Head*; founder of One Billion Happy; and Chief AI Officer of Flight Story.

After a 30 year career in tech and serving as Chief Business Officer at Google [X], Google's 'moonshot factory' of innovation, Mo has made happiness his primary topic of research, diving deeply into literature and conversing on the topic with some of the wisest people in the world.

In 2014, motivated by the tragic loss of his son, Ali, Mo began pouring his findings into his international bestselling book, *Solve for Happy: Engineer Your Path to Joy*. His mission to help one billion people become happier, #OneBillionHappy, is his moonshot attempt to honor Ali by spreading the

message that happiness can be learned and shared to one billion people.

In 2020, Mo launched his chart-topping podcast, Slo Mo: A Podcast with Mo Gawdat, a weekly series of extraordinary interviews that explores the profound questions and obstacles we all face in the pursuit of purpose and happiness in our lives.

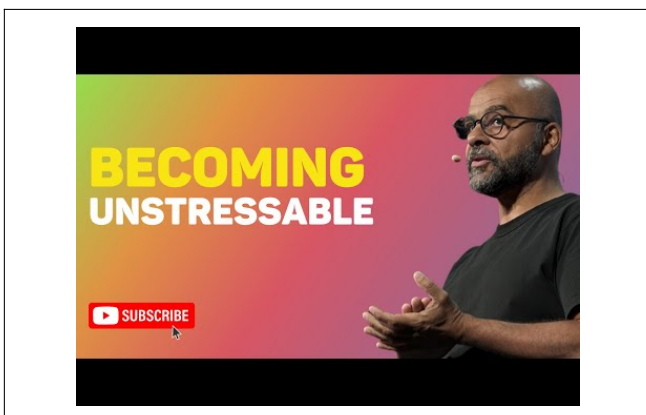
In 2021, Mo published Scary Smart: The Future of Artificial Intelligence and How You Can Save Our World, a roadmap detailing how humanity can ensure a symbiotic coexistence with AI when it inevitably becomes a billion times smarter than we are. Since the release of ChatGPT in 2023, Mo has been recognized for his early whistleblowing on AI's unregulated development and has become one of the most globally consulted experts on the topic.

In 2022, Mo published That Little Voice in Your Head: Adjust the Code That Runs Your Brain, a comprehensive user manual for using the human brain optimally to thrive and avoid suffering.

In 2023, Mo co-founded Unstressable, an online course and community for reducing and eliminating stress. It will be accompanied by a book of the same name releasing early 2024.

---

## Videos





## Mo's Topics

### Artificial Intelligence, Innovation, and Business

Mo is the former Chief Business Officer of Google X ('the moonshot factory'), the current Chief AI Officer of Flight Story, and the author of bestseller *Scary Smart*, one of the earliest books written on the dangers of unregulated AI and how we can fight back. It was named one of the Times & Sunday Times best business books of 2021.

**Available:** Virtually

### Happiness and Resilience at Home and at Work

After the loss of his son Ali, Mo dedicated his life to creating a reproducible equation for happiness. The results are presented in his bestselling books *Solve for Happy* and *That Little Voice in Your Head*. Along with his books and videos, Mo speaks on his findings to millions via his podcast appearances and speaking engagements with the unrelenting goal of making One Billion Happy, all in Ali's honor.

**Available:** Virtually

### Eliminating Stress at Home and at Work

Mo is the host of one of the top mental health podcasts in the world, *Slo Mo: A Podcast with Mo Gawdat* and has conversed with hundreds of the wisest people on the planet. He is also the co-founder of *Unstressable*, an online community and course, as well as an upcoming book, created to eliminate stress from the lives of individuals and employees for good.

**Available:** Virtually

## Testimonials

“

Rather than simply focus on the future impact of AI on people's lives, he highlights the importance of the values we impart to it, rather like parents.

**H.H. Sheikh Bodour Al Qasimi**

*The Emirates Publishers Association*

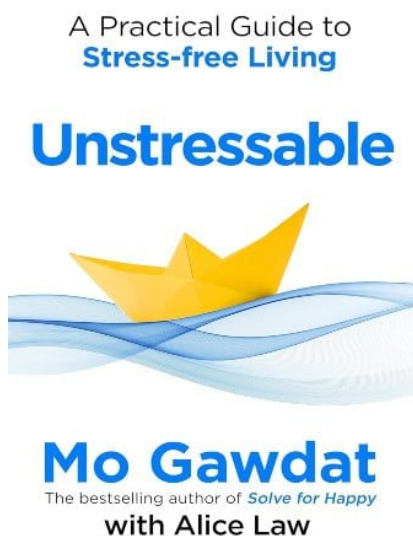
“

Mo Gawdat is the expert guide you need to help decipher the realities of a complex subject

**Bruce**

*Twitter VP*

## Books



### Unstressable: A Practical Guide to Stress-Free Living

Unstressable applies Mo Gawdat's brilliant engineering mind and Alice Law's psychology and stress-management expertise to the 'stress pandemic'. This follow up to bestselling *Solve For Happy* will show you that chronic stress is not an unavoidable part of modern life, but a predictable - and therefore preventable - response, often as much to do with negative thought patterns as external circumstances. Mo explains how he made it through the most acutely stressful times in his own life, and the book touches on the idea of post-traumatic growth - both on a personal level and in response to huge events that affected all of us, such as the COVID pandemic and subsequent economic turmoil. Practical exercises will help you build up the skills to manage stress no matter your circumstances, backed up by neuroscience and accessible psychology.

[BUY THE BOOK](#)

'An enlightening education  
in how to be human.'  
Elizabeth Day



# That Little Voice In Your Head

Adjust the Code that Runs Your Brain

**Mo Gawdat**

Bestselling author of *Solve for Happy* and *Scary Smart*

## That Little Voice In Your Head: Adjust the Code that Runs Your Brain

That Little Voice in Your Head is the practical guide to retraining your brain for optimal joy by Mo Gawdat, the internationally bestselling author of *Solve for Happy*. Mo reveals how by beating negative self-talk, we can change our thought processes, turning our greed into generosity, our apathy into compassion and investing in our own happiness. To fix a machine, first you need to find out what's wrong with it. To fix unhappiness, you need to find out what causes it. This book provides readers with exercises to help reshape their mental processes. Drawing on his expertise in programming and his knowledge of neuroscience, Mo explains how – despite their incredible complexity – our brains behave in ways that are largely predictable. From these insights, he delivers this user manual for happiness. Inspired by the life of his late son, Ali, Mo Gawdat has set out to share a model for happiness based on generosity and empathy towards ourselves and others. Using his experience as a former Google engineer and Chief Business Officer, Mo shares his 'code' for reprogramming our brain and moving away from the misconceptions modern life gives us.

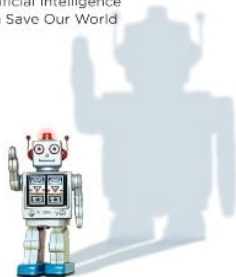
[BUY THE BOOK](#)

'This book will teach you how to navigate the scary and inevitable intrusion of AI.' Dr Rupy Aujla



# Scary Smart

The Future of Artificial Intelligence and How You Can Save Our World



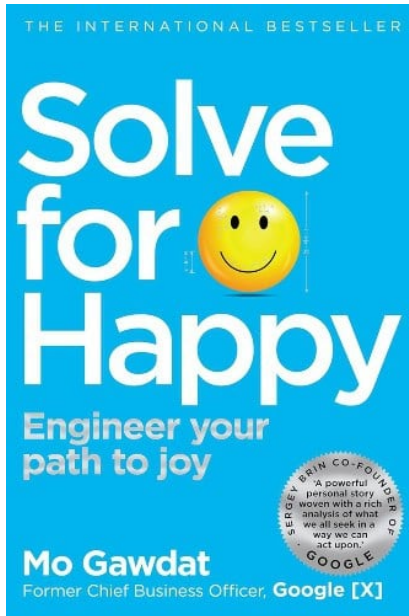
**Mo Gawdat**

Former Chief Business Officer Google [X] and bestselling author of *Solve for Happy*

## Scary Smart: The Future of Artificial Intelligence and How You Can Save Our World

Artificial intelligence is smarter than humans. It can process information at lightning speed and remain focused on specific tasks without distraction. AI can see into the future, predict outcomes and even use sensors to see around physical and virtual corners. So why does AI frequently get it so wrong and cause harm? The answer is us: the human beings who write the code and teach AI to mimic our behaviour. *Scary Smart* explains how to fix the current trajectory now, to make sure that the AI of the future can preserve our species. This book offers a blueprint, pointing the way to what we can do to safeguard ourselves, those we love, and the planet itself.

[BUY THE BOOK](#)



## Solve For Happy: Engineer Your Path to Joy

Solve for Happy is the equation for happiness. A startlingly original book about creating and maintaining happiness, written by a top Google executive with an engineer's training and fondness for thoroughly analyzing a problem. Mo Gawdat, a remarkable thinker whose gifts had landed him top positions in half a dozen companies and who – in his spare time – had created significant wealth, realized that he was desperately unhappy. A lifelong learner, he attacked the problem as an engineer would, examining all the provable facts and scrupulously following logic. When he was finished, he had discovered the equation for enduring happiness. Ten years later, that research saved him from despair when his college-aged son, Ali – also intellectually gifted – died during routine surgery. In dealing with the loss, Mo found his mission: he would pull off the type of 'moonshot' that he and his Google [X] colleagues were always aiming for: he would help ten million people become happier by pouring his happiness principles into a book and spreading its message around the world. One of Solve for Happy's key premises is that happiness is a default state. If we shape expectations to acknowledge the full range of possible events, unhappiness is on its way to being defeated. To steer clear of unhappiness traps, we must dispel the six illusions that cloud our thinking (e.g., the illusion of time, of control, and of fear); overcome the brain's seven deadly defects (e.g., the tendency to exaggerate, label, and filter), and embrace five ultimate truths (e.g., change is real, now is real, unconditional love is real).

[BUY THE BOOK](#)

## Speaker Bureaus And Talent Agencies

Mo Gawdat is available to book via these agencies

✔ **Recommended**



Speaking Agency