

# Stefan Klein

Physicist, Philosopher and One of the Most Influential Science Writers in Europe



Best known for his international best sellers *THE SCIENCE OF HAPPINESS* and *THE SECRET PULSE OF TIME*, Stefan Klein is much in demand as a key note speaker. He can look back on more than 50 TV appearances and more to than 250 key note speeches delivered in public venues as museums and festivals, in universities, public institutions and private companies. Some of his hosts were AstraZeneca, the Austrian Parliament, BMW, European Commission, Financial Times, Max-Planck-Society, Munich Re, Siemens and The World Bank.

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## Resumé

Stefan Klein, born 1965 in Munich, studied physics and analytical philosophy in Munich, Grenoble and Freiburg and graduated in biophysics. But after some years in academic research he started a new career as a science writer because he “wanted to inspire people with a reality that is more exciting than any thriller”.

From 1996 to 1999 he was a science editor at Der Spiegel, a news magazine; in 1998 he won the prestigious Georg-von-Holtzbrinck-Preis for science journalism.

His book *THE SCIENCE OF HAPPINESS*, released in 2002 (English translation 2006), ranked on all national bestseller lists for over a year and brought him world-wide recognition. In 2006 he published *THE SECRET PULSE OF TIME* (English 2007) that was hailed as “one of the most notable science books of the year” by American Library Journal. *LEONARDO'S LEGACY* followed in 2008. *SURVIVAL OF THE NICEST*, released in 2010, was awarded "Science Book of the Year" in its German original edition and received with acclaim in US and UK media. His latest work is *DREAMS*, forthcoming in English. Kleins works have been translated into [25 languages](#) and received many awards both in Europe and overseas.

Klein has organized and chaired international symposia on science communication and science politics. He has lectured at the Universities of Heidelberg, Freiburg, Barcelona and Cambridge and currently teaches at UDK Berlin. Die ZEIT, a national weekly, publishes his conversations with nobel prize winners and other leading scientists of the world on a regular basis.

Stefan Klein lives in Berlin. He is married to a science journalist and has three children.

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## Topics of Talks

1. **The Science of Happiness**
2. **The Economy of Happiness:** What Drives Us in an Interconnected World
3. **Dreams:** What They Are, What They Tell about You, How They Can Inspire You
4. **A New Culture of Time:** Coping With an Ever-Accelerating World
5. **Survival of the Nicest:** Why Values Pay off
6. **When Opportunity Knocks:** Coping With an Ever-Accelerating World
7. **Leonardo's Legacy:** What You Can Learn From One of the Greatest Geniuses Who Ever Lived
8. **Being Present:** On the miracles and the pitfalls of mindfulness

### Exemplary Abstracts

#### **The Science of Happiness**

Humans have grappled with miserable feelings ever since, happiness was much less in their scope. But in the last years, science has turned its attention to positive emotions as vehicles to better human condition. On the one hand, this shift reflects important advances made recently in understanding what causes positive emotions and what they cause in our organisms. On the other hand, placing well-being on our individual, social and political agendas is overdue as depression incidence rapidly rises worldwide and, alarmingly, ever more children and adolescence are affected. Steps towards a culture of happiness are needed to counteract.

As happiness is a complex phenomenon, this talk will synthesize new findings from neuroscience, social psychology, evolutionary biology and philosophy. It aims to show that – and how – the pursuit of happiness can be learned.

#### **Survival of the Nicest Why Values Pay Off**

Is there any benefit to being nice and kind in an environment where survival of the fittest and the strongest is the norm? The answer, according to Stefan Klein, is Yes – and it's apparently not because we "should" be nice and kind. As it turns out, it's because Homo Economicus is a bad businessman.

In this talk, Klein discusses common and puzzling questions such as "Why is it easier to help others than to give?", "Why cooperation can break down so easily even in a small group of people, causing a domino effect of otherwise well-intentioned individuals to put their own interests first?", "What do we do with the "free riders" who benefit from being selfish?" "What about the tragedy of the well-intentioned?" As this talk persuasively shows, many rules of the game change as the world gets ever more interconnected. In this lecture, Klein invites us to rethink what it means to be successful as he demonstrates how caring for others can enhance our well-being, reward us economically, and even extend our lives.

#### **Being present On the miracles and the pitfalls of mindfulness**

In an environment flooded with information, our ability to focus stretches to its limits - and often beyond them. This has serious consequences for us – both at work and at home. We become distracted, it becomes harder to meet our goals, and we feel "burnt out" – which can often lead to depression. Furthermore, it is difficult if not impossible to make ethical judgements when you feel overloaded with information and tasks. This talk will first show why it is often so hard to focus – attention is only partly under voluntary control. But as recent neuroscience shows, the very brain

systems that manage attention can be trained. The talk will demonstrate how to do this, so you can focus better, making you more productive, healthier, and happier.

## **What they say ...**

### **... about Stefan Klein:**

„Stefan Klein convinces by his profound scholarship.”  
*Bert Sakmann, Nobel Prize for Medicine*

“An enticing storyteller!”  
*Roald Hoffmann, Poet and Nobel Prize for Chemistry*

„One of the most influential science writers in Europe“  
*Foreword*

### **... about his books**

“A mind-bending book ... if there is a science to winning over readers, Klein has surely mastered it ... The wealth of knowledge here is astounding.”  
*Publisher's Weekly on SURVIVAL OF THE NICEST*

“A fabulously informative, feel-good book.”  
*Sunday Times on SURVIVAL OF THE NICEST*

“Masterful!”  
*Library Journal on THE SECRET PULSE OF TIME*

“Exciting and invigorating. A wonderful book.”  
*Frankfurter Allgemeine Zeitung on THE SECRET PULSE OF TIME*

“Brimming with insight.”  
*Publisher's Weekly on THE SECRET PULSE OF TIME*

“When you've finished reading this book, the inside of your head will look different,' promises Stefan Klein. And he's right.”  
*Der Spiegel on THE SCIENCE OF HAPPINESS*

### **... about his talks**

“Stefan Klein is competent, authentic and a true master of the spoken word, too. His appearance in front of a demanding audience was so convincing and sparking. Many thanks!”  
*Dr. M. Frost, Roche*

“Thank you for your invaluable contribution! I found your arguments entirely convincing, as did the audience which overwhelmingly labelled the event as one of our best to date (if not THE best).”  
*Yana Peel, [Intelligence Squared Asia](#)*

“An exciting lecture, a great performance. Our invited guests were full of prize. Fantastic! What more could you want?”

*B. Hunziker Kempf, [VSA](#) Switzerland*

“Our absolute heartfelt thanks for your presentation at our Biotech Conference. I have received such positive feedback (...) The suggestions were important.”

*Dr. K. Bechtold-Peters, American Ass. Pharm. Scientists*

“Without doubt, Stefan Klein was one of the most convincing speakers we ever had. From the first minute, our top management audience was captivated by the intelligence, the clarity and the charm of this talk. His ideas were challenging and became the topic of discussion for days.”

*Dr. H. Maassen, [A.T. Kearney](#)*