

1 The secret of happiness

The psychologist is **Mihaly Csikszentmihalyi**. He is **fascinated by happiness**. When he was a child he noticed that adults are not always happy. He went to **study psychology**. He found strange that to study human behaviour they *study rats*. He's original aim was to achieve happiness for himself, so he's started to study creative people such as musicians, artists, because are **people who devoted their lives to doing what they want to do**. Later he expanded the study by inventing a system called "**the experience sampling method**". Everyone has an electronic pager¹ that beep eight times a day. Every beep they have to write down *what they are doing, where are they, how much are concentrating and how they felt*. This test, tested in more than 10k people, showed that people are more happy when they are concentrating. After 30 years of research he discovered that people want a minimum amount of money to be happy, but above that **line**, people's happiness has very little to do with how much poorer or richer they are. So he found that **concentrating is the key** for happiness. In order to concentrate you need a challenge that matches your abilities. The way to remain continually happy, therefore, is to keep finding new opportunities to improve your skills.

2 Steve Job's life

- First story => **Connecting the dots**

He dropped out of Reed College after the first 6 months, but then he stayed around as a drop-in for another 18 months, so why he really quit? It started when he is biological mom sign the adoption papers, because his new parents promise at his biological mom to get him to the college. He naively choose an expensive college, and they were spending all of parent's savings for his college. He didn't know what to do in life and he had no idea how college was going to help him figure it out. So he quitted, and then he could stop taking the required classes that didn't interest to him and begin dropping in on the ones that

1 **Electronic pager**: cercapersone elettronico

looked interesting. Reed College at that time offered the best calligraphy instruction in the country. So he decided to take calligraphy class to learn how to do it. None of this had even a hope of any practical, but 10 years later, when they were designing the first Macintosh computer, he was the first computer with beautiful typography. So you can't connect the dots without looking backward.

- Second story => **Love and loss**

He was lucky. He and Wozniak started Apple, but Steve Jobs got fired from his company that he started. How that is possible? Well, as Apple grew they hired someone who he thought was very talented to run the company with him, but their vision started to collide and they had a wrangle². When they did, the Board of Directors did not side with Steve.

During the next 5 years, he started NeXT and Pixar. He fell in love for a woman who became his wife, Laurene. Apple bought NeXT so he returned to Apple.

He is pretty sure that none of this would have happened if he hadn't been fired from Apple. He is convinced that the only thing that kept him going was that he loved what he did. You have got to find what you love. So keep looking until you find it. *Don't settle.*

- Third story => **Death**

He was diagnosed with cancer. The doctors told him this was almost certainly a type that is incurable. Later he had surgery and he was fine. No one wants to die. And yet death is the destination we all share. It is life's change agent. It clears out the old to make way for the new. Our time is limited, so don't waste it living someone else's life. When he was young, there was an amazing publication called "The Whole Earth Catalog". On the back cover of their final issue were the words: "Stay Hungry. Stay Foolish". And he has always wished that for himself.

3 American dream

² **Wrangle:** litigio

- Definition

James Truslow Adams: "The American dream is that dream of a land in which life should be better and richer and fuller for everyone. It is a dream of social order in which each man and each woman shall be able to attain³ to the fullest stature of which they are innately capable, and be recongized by others for what they are."

Thomas Wolfe: "To every man, regardless of his birth, his shining, golden opportunity – the right to live, to work, to be himself, and to become whatever thing his manhood and his vision can combine to make him".

The main meaning of American Dream is that it doesn't matter where you are from, how much money does your family have, because what matters is that **if you work hard you can achieve success**. Every person is responsible for their own life. We shouldn't rely on any other else to do you work for us.

It is this that so many people, all over the world, found so great: if you came to America and try hard, they could find a better life.

The main Americans values are:

- **freedom of the individual** (freedom of speech, religious freedom, no discrimination)
- self-reliance⁴
- self-discipline⁵
- self-sufficiency⁶

If you follow these values you will succeed in your job and life.

But it is just a dream... Anyway, there are some cases in real life, like **Arnold Schwarzenegger**: he was born in Europe and immigrated to USA, and now he is famous. There are some other cases.

3 **Attain**: raggiungere, ottenere

4 **Self-reliance**: fiducia in se stessi

5 **Self-discipline**: autodisciplina

6 **Self-sufficiency**: autosufficienza

- Is the American dream still possible?

Many people have criticized the all American Dream theory because is:

- **untrue**
- makes people believe things that are not likely, so it gives people an **unrealistic hopes of life**

In the USA **many people are poor**, aspecially:

- african americans
- Hispanics

Many people lives in ghettos, where there is a lot of crime and bad education and bad job opportunities.

Great historical figure, among these **Martin Luther King** and **Malcom X** spoke about this and try to make american people aware of the fact that the American Dream is not certe fairly or equally among all people.

There are a lot of other problems, such as a lot of people are out of jobs because of on going economic crisis, and have huge debts, most can't afford health insurance.

- The declaration of Independence

All Men are created equal. They are endowed by their Creator with certain unalienable Rights⁷, among these life, Liberty and the Pursuit of Happiness.

- Comparison between "I hear America singing" of Walt Whitman and "Let America be America again" of J. Langston Hughes

>> I hear America singing

⁷ **They are endowed by their Creator with certain unalienable Right:** sono dotati dal loro Creatore di alcuni diritti inalienabili

Is a poem by the American poet **Walt Whitman**. Though the poem was written on the eve of the Civil War, it **represents a vision of America as a harmonious community**. Moving from the city to the country, and the land to the sea, the poem envisions America as a place where people do honest, meaningful, and satisfying work, and celebrate that work in **song**.

>> Let America be America again

Is a poem written by **Langston Hughes**. Hughes wrote the poem while riding a train from New York to Ohio and reflecting on his life as a struggling writer during the Great Depression⁸.

In the poem, Hughes describes his own disillusionment with the American Dream and suggests that the **USA has failed to fulfill⁹ its promise of freedom and equality for all people**.

4 Roaring twenties

The **Roaring Twenties** refers to the decade of the 1920s in Western society and Western culture. It was a period of **economic prosperity** with a distinctive cultural edge in the USA and Europe, particularly in major cities such as Chicago, London, New York City, Paris.

The Great Gatsby is a 1925 novel written by **F. Scott Fitzgerald**¹⁰ that follows a cast of characters living in the fictional towns of West Egg and East Egg on prosperous Long Island in the summer of 1922. The story of the book primarily concerns the young and millionaire Jay Gatsby and his quixotic passion and obsession to reunite with his ex-lover. This book explores themes of decadence, idealism, resistance to change, social upheaval and excess, creating a portrait of the Roaring Twenties that has been described as a cautionary tale regarding the American Dream.

8 ... **reflecting on his life as a struggling writer**...: Hughes ha scritto la poesia mentre viaggiava in treno da New York all'Ohio e riflettendo sulla sua vita da scrittore in difficoltà durante la Grande Depressione

9 **Fulfill**: adempiere

10 **Fitzgerald**: <https://www.youtube.com/watch?v=eICZL9vqorw&t=494s>