***The Surprising Science of Happiness***

This video was quiet interesting, I somewhat agree with him. He did an experiment with amnesia patients, which, scientifically is pretty accurate, as those amnesia patients in fact don’t remember after some time period. When a normal person, a non-amnesia person has his photos taken, different poses and different styles, he is given the choice over a period of days to choose which one he/she likes the most and then give a final answer. He takes 1 photo home for a day and then decides he likes it, then he grows tired of it and decides to swap. In the end, he chooses another photo and submits it, however, he says “I wish I had chosen the other one”. When a person is given the option to choose from various different things, the human brain, the stimulus, can’t seem to grasp on one particular like. However, when you are just shown one instead of several, you like it a lot and you don’t ever say “I don’t like it” because you haven’t seen any other option; if you did then you would be jumping around, back and forth. The amnesia patients, who tend to forget after a period of time, choose one they like, and most of them choose the same one after forgetting when the same options are given to them. They know what they like, but if they are given the option of not having amnesia, then they would change there mind constantly if they are given infinite amount of time to choose. Our brain’s aren’t stable, they can never be stable in terms of deciding. 100% deciding, its not true, that’s a myth. I’m given a multiple choice question, I know I got an answer that is one of the choices in the multiple choice, however, my brain starts to question whether or not I’m right, that the other one looks right too. Lets take shopping for an example, if I’m given the option to choose any ONE piece of clothing out of all the Macy store, I will be extremely confuse, my thoughts would be like this: “This one is nice; OH this one is nicer; No..I like this one better”. Finally because of time pressure I would have to finally decide, I’ll take one, but later tonight my brain might start thinking “I wish I had taken the other one”. This is why I let my family or significant others to my shopping for me, because they’ll bring one or two, and I’d probably like it but I won’t regret it as I didn’t get a chance to see the other options. The human brain is still a mystery, and its very confusing if you actually try to decipher it.