The most impressive take-home message is that scientists will still do research on something that is ‘common sense’. I thought that fat people must die earlier than normal people because accumulation fat leads to greater risk of some lethal diseases, like hypertension. However, in fact, fat people may not die earlier! It really blows out my mind. I think it is interesting that there are so many paradoxes in the world because I never figure out that there are indeed totally opposite experiment data and give completely new conclusion. I was, again, impressed by the complexity of the world, complexity of science. During the discussion in the lecture, every one of us therefore understood why science is attractive. Yes, truth is impressive! Yet, Paradoxes are also adorable! Paradoxes let us understand the limitation of our research, we can have more comprehensive research and have a deeper understand about the Topic and the world. That’s why I also love paradox! Many people believe happiness can lead to a longer life but the average life span in Finland is not the longest even though the Finland is the top country in World Happiness Report. Maybe live longer is not better.