Happiness involves being focused on the present, whereas meaningfulness

involves thinking more about the past, present, and future—and the

relationship between them.

In addition, happiness was seen as fleeting, while

meaningfulness seemed to last longer.

“When you feel happy, and you take out the meaning part of happiness, it’s not really

happiness,” she says

hedonic pleasure

1. Select a portion of the text on which you'd like to reflect. Type that quote into your response, and then discuss how it connects with you personally, either connecting to a specific set of events in your life or some of the ways you are thinking about purpose.

“ ‘I think it’s a distinction that intuitively makes a lot of sense but doesn’t actually hold up under the lens of science,’ says Dunn, an associate professor of psychology at the University of British Columbia” In the article different scientists and researchers attempt to examine the scientific difference between Happiness and meaningfulness. Dunns statement is one of the only I somewhat agree with, but unlike Dunn I disagree that the distinction makes sense in any practical sense. Personally, there is no reason to distinguish between the two, both happiness and meaning are subjective concepts. There is no scientific way to confidently define or separate the two. Although scientists can find correlations between happiness in a chemical aspect, the idea of happiness differs for each individual. One person may find that helping others brings neither happiness nor a sense of meaning. Since, these qualities/words are not succinct in meaning there cannot be scientific facts in their regard, only conjecture and educated assumption. At the end of the article a statement is made about using these studies as a way to bring more meaning in *your* life, by educating people about the distinction, but they never clearly define a difference or what meaning actually represents.