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**Date**: 2/2/25

**Cohort**: (Francom, French, McMahan)

*In what follows, reflect on your learning and personal growth at this point in our course. Consider this week’s readings, multimedia sources, presentations, discussions, activities, etc. To your best ability attempt to integrate these experiences into our own developing understanding of the ‘Good Life’.*

At this point in the course, I think that I have begun to formulate questions about happiness and understand the nuances that come with measuring it, but have not yet been able to answer them. The readings have also got me thinking about how we can better measure happiness, as there are many untranslatable words across languages. The measuring of happiness has often been done to Western standards, ignoring other cultures' expression of joy. It is difficult to measure happiness without it getting lost in translation, as having a representative from a certain culture report back about the happiness they measured, the measurements would have to be translated in order to be comprehensible to American scientists and audiences. The chapter also touches on the theme of laws. Since most drugs are legalized in the Netherlands, there is less of a rush that comes with the use of them. It makes me think of if Americans would rather drugs be legalized, to gain better access to them, or would it take away a majority of what young people gain from these activities, which is the feeling of rebellion. Overall, I have just started to graze the surface of what the “Good life” means and what the most desirable style of life would be.