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**Date**: 2/2/25

**Cohort**: Francom

*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’.*

After this week’s reading, I feel I have a worse understanding of what the “Good Life” is since the reading explained how different people view the “good life” as different things. The most shocking information I learned all week is that countries with the highest happiness scores also have high suicide rates, so there is flaws in every system. The author’s time in the Netherlands, explaining how people sat around in coffee shops all day smoking weed, seems like it could be a very happy life; however, and this may be my American in me talking, it seems very unproductive and wasteful. Sitting around and relaxing is essential, but if I did that all the time, my life would be very dull.

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