**Name**: sarah marin

**Date**: 2/2/2025

**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 the start of this course, I hadn’t thought twice about the concept of happiness as more than just an emotion. But throughout the last few weeks of this course, my knowledge on happiness has expanded ten fold. The differences across the world when it comes to happiness are very shocking yet somewhat expected. The first chapter of Weiner’s *The Geography of Bliss* on the Netherlands really highlighted the contrast of beliefs around the world. Their idea of the “good life” was centered around leisure and tolerance while American’s value a more fast paced and definitely less tolerant lifestyle. The focus on the linguistic aspect of happiness has also been really interesting. Sometimes they refer to contentment rather than elation or joy rather than peace. So far I’ve learned that happiness and the “good life” are not universal concepts - although they are very similar. I believe that throughout this course I will learn even more about what the “good life” is.**