**Name**: Federico Smith

**Date**: 02/02/25

**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’.*

**This week we read the chapter on the Netherlands in our class book and I thought that it was really interesting how Wiener mentioned the impressive tolerance that the Dutch people have for other’s activities, ideas, practices, etc. If someone told me “you can go somewhere and no matter what you do people will be okay with it” I would probably come to the conclusion that life must be pretty good there since you can pretty much do whatever you want. However, Wiener brought up a good point when referring to his own willpower and in a joking way said that within a month he would lose himself to vices in the Netherlands and although this might have been a joking statement it rang true with me because I do think that with a certain degree of freedom it would become incredibly easy to fall into things that one would not normally do.**

**As the chapter came to a close, Weiner mentioned that maybe tolerance is not all it is made out to be. That eventually there can come a point where tolerance can turn into indifference and how that is not really happiness. However, if this is the case, what is happiness? Is it absolute freedom, lack thereof, or a mix? Based on what we learned this week I think that it is a mix between all those things and many other factors. After Friday’s lecture on how language can shape one’s perspective on their surrounding world, I would like to think that even the language you speak has an influence on what makes you happy or what you define happiness to be for you. I am sure that there are many other pieces that factor into a personal definition of happiness and I look forward to keep learning about what those might possibly be.**