In my research on time series analysis, I focused on selecting a model that would best suit datasets with strong seasonal patterns. I came across Prophet, a forecasting tool developed by Facebook. Prophet is particularly useful for time series data that exhibits multiple seasonality, such as daily, weekly, and yearly patterns. To choose this model, I reviewed various methods and their applicability to my dataset. I found that Prophet handles seasonal effects well and is robust to missing data and outliers, making it a suitable choice for my needs. By using Prophet, I could use its features to handle complex seasonal patterns and make informed predictions.