CLSK121 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“Happiness, Inc.” by Elizabeth Weil (*New York Times*, 4/19/13)

Important Vocabulary: The following words and expressions appear on the first page of the article. Do you know what they mean? If not, use an ESL dictionary or ask an American (better!) to explain them to you.

set point (¶1)

provocative (¶4)

counterintuitive (¶4)

chore (¶4)

guru (¶5)

hokey (¶5)

DIRECTIONS: We will be discussing this article in class on Friday. Write the answers to each question AND give the paragraph number(s) where the answers can be found. You should be prepared to talk about each question.

1. What is “hedonic adaptation”? Explain it in your own words and give an original example from your own life. ¶# \_\_\_\_\_\_\_\_\_\_\_\_\_
2. Originally Dr. Lyubomirsky didn’t want to study the topic of how people can make themselves happier. Why? ¶# \_\_\_\_\_\_\_\_\_\_\_\_\_
3. Explain what the author means when she says that “unhappy people compare a lot and care about the results.” What, specifically, does the research show about this? Be prepared to explain the results of the studies. ¶# \_\_\_\_\_\_\_\_\_\_\_\_\_
4. Who is Brendan Maher? Why is he important in the field of psychology? (Be prepared to explain this in your own words.) ¶# \_\_\_\_\_\_\_\_\_\_\_\_\_
5. In ¶22, it says that “the working assumption in those years was that happy people were rationalizing all the time.” What does that mean? Did Dr. Lyubomirsky’s experiment support this assumption? Be prepared to explain the results.
6. What did Dr. Lyubomirsky mean when she said to her husband, “You’re going to adapt to [the television]”? (What point was she trying to make?) ¶# \_\_\_\_\_\_\_\_\_\_\_\_\_
7. This is a challenging article. Find 1-2 sentences and/or paragraphs that you do not clearly understand and write them below. We will discuss them in class.

b)