1. **R-squared (R^2) is generally a better measure of goodness of fit** because it considers the proportion of variance explained by the model, not just the absolute error. It gives you a sense of how much better your model is than just predicting the average value (mean) for all data points. However, R^2 can be misleading if you have a lot of features (independent variables) in your model. A high R^2 might not necessarily translate to good predictive power on unseen data.

2. Imagine you have dots representing your data points and a horizontal line at the average value (mean) of the dependent variable.

   - **Total Sum of Squares (TSS)**: This is the total squared distance between each data point and the mean line. It captures the overall spread in the data.
   - **Explained Sum of Squares (ESS)**: