

## My understanding of the "second equation"

As Brook mentioned, habits is influenced by faith, family, friends and work (2020, p4-5). The plus symbol in the equation shows the equation has directly proportional relationship to the four factors. When a person has a greater faith, family, friends or work, he will easier get a good habit and gain more happiness. The dependent variable habit in this equation is not very match its literal meaning, I understand it as a factor that can be ~~be~~<sup>be</sup> under controlled by people. Faith means is the degree of self-worth. If a person think he is valuable in the society, he will have a good Faith. Work is how many worth a person actually create. If a person is capable, he make a lot of efforts to the society, he would get a higher happiness. Family and friends is the way a person think and treat other people. If the person love his family and friends, think and treat them well, not only the person can get the happiness, but also the person can bring happiness to others.

To my opinion, I am agree to Brook's idea. My father is a man who doesn't love his family. ~~All the~~ He hardly went home from I was young, and two years ago he put forward to divorce. When I saw him a few month ago, I can felt he is lonely and unhappy. But my mother love her family, put most of her time taking care to our family, and she is a happy woman. Self-worth is another factor influenced happiness, when I do something valuable, I will feel tire but joy from the heart.

In summary, Brook was explaining the importace of love. Faith and work is the love my-self, and family and friends is the love to others. If we have a love in heart, we would feel happiness is all around us.