**The Secret to Happiness**

**#1**

**American Psychological Association, Online: Consumerism and its Discontents, by Tori DeAngelis, June 2004**

Compared with their grandparents, today’s young adults have grown up with much more affluence, slightly less happiness and much greater risk of depression and assorted social Pathology … Our becoming much better off over the last four decades has not been accompanied by one iota of increased subjective well-being …

**Vox, Online: New survey shows Americans are unhappier than they’ve been in years, Alex Ward, March 21, 2019**

Americans are as unhappy as they’ve been in years - and it seems to be a trend.

**Question: Why are we not happier in light of all that we have?**

**#2**

**Happiness - Wikipedia**

'Happiness' is the subject of debate on usage and meaning, and on possible differences in understanding by culture.

**Questions:**

* **How do you define a good time?**
* **How do you define happiness?**
* **Is there a difference between the two?**

**#3**

**Success - Collins Dictionary**

Success is the achievement of something that you have been trying to do.

**Questions:**

* **How do you define success?**
* **Is there a difference between success and happiness?**

**#4**

**Question: What is your strategy and plan to achieve happiness and success?**

**#5**

**Pirkei Avos 1:6**

*Make for yourself a teacher; acquire for yourself a friend; and judge every person favorably.*

**Question: Do you have a role model? Someone you want to be like, someone who is truly happy and successful?**

**#6**

**Torah Bereishis 33:9-11**

After 20 years apart, Jacob is reunited with his twin brother Esau. In describing their state of affairs, Esau says: *"I have a lot."* Jacob says, *"I have everything."*

**Question: What is the difference between Jacob's and Esau's statement about their possessions?**

**#7**

**Pirkei Avos 4:28**

*Jealousy, passions, and pursuit of honor remove a person from the world.*

**Question: How do these drives diminish one's quality of life?**

**#8**

**Path of the Just, Ch.1, Rabbi M.C. Luzzato**

*..The soul finds no satisfaction whatsoever from all the pleasures of this world. This is what our sages teach us: " 'But the soul will not be fulfilled' (Ecclesiastes 6:7) - What is this analogous to? To the case of a common peasant who married the king's daughter. Even if he brought her all that the village possessed, it would be as nothing to her. For she is the king's daughter. So too with the soul, if you would bring to her all the pleasures of this world, they would be like nothing to her. For she is from higher worlds" (Koheles Raba 6:7).*

**Questions:**

* **How do you understand this statement?**
* **As we are dealing with this marriage between the princess and the pig farmer, we could view ourselves as the counselor. We must try to help them maintain a marriage that works. What would you recommend they do to make their marriage a success?**
* **Is it possible for an act to be both physical and spiritual?**