

## The Happiness Study

1) Answer the following questions before watching the video:

A. Do you think that there is a way of making your life happier?

B. What is the key factor to happiness in life?

2) Watch the video of the longest study in human history and answer the following questions:



A. How many subjects were in this study (accurate number)?

B. What are the two groups of men that participated in the study?

C. What are the 3 lessons that they gathered from the study?

D. Did you get the key factor right in question N°1? What is it?

E. What does “holding grudges” mean?