**11 American Literature**

***Outliers*: Happiness Warm-up**

**Part A) Read the following parable, and in 3-4 sentences explain how it relates to the concept of happiness:**

*Rabbi Story (Myers, Pursuit of Happiness)*

*Jewish parable*

“A farmer seeks a rabbi’s counsel because his wife nags him, his children fight, and his surroundings are in chaos. The good rabbi tells him to go home and move the chickens into the house. “Into the house!” cries the farmer. “But what good will that do?” Nevertheless, he complies and two days later returns, more frantic than before. “Now my wife nags me, the children fight, and the chickens are everywhere, laying eggs, dropping feathers, and eating our food. What am I to do?” The rabbi tells him to go home and bring the cow into the house. “The cow!” cries the distraught man. “That can only worsen things!” Again, the rabbi insists, the man complies, and then returns a few days later more harried than ever. “Nothing is helping. The chickens are into everything and the cow is knocking over the furniture. Rabbi, you have made things worse.” The rabbi sends the man home to bring in the horse as well. The next day the man returns in despair. “Everything is knocked over. There is no room for my family. Our lives are in shambles. What shall we do?” Now the rabbi instructs, “Go home and take out the horse, cow, and the chickens.” The man does so and returns the next day smiling. “Rabbi, our lives are now so calm and peaceful. With the animals gone, we are a family again. How can I thank you?” The rabbi smiles.”

**Part B) Happiness Variables: Are there any missing? Are there any you disagree with? List them below.**

**A**: Awareness (being) of one’s feelings, thoughts, needs and wants

**MA**:  Mental Activity: Meditating and thinking deeply regularly

**PA**: Physical Activity

**E**: Eating properly