**Mohammad Dehghani- Essay 6**

Do you agree or disagree with the following statement?

People now are less happy or less satisfied with their lives than people were in the past.

Use specific reasons and examples to support your answer.

"We are living in an interesting time. Materially, everything is at its best than it has ever been; we are healthier, wealthier and freer than any people in the human history. Yet somehow everything seems to be irreparably and horribly fucked; the planet is warming, governments are failing, economies are collapsing, and everyone is perpetually offended on Twitter," Mark Manson in his book "Everything is fucked." But the vexed question amongst the plethora of questions which arise here is that why we are not satisfied with all these blessings we are having today which human beings in the past have been killed to reach. Although some may reject this claim, I do agree that people of today are less happy than ever in human history. In what follows, I will elaborate on my point of view.

 The first worthwhile reason to be mentioned here could be summarized to one word, expectation. Nowadays, social media has raised people's awareness about the world around them. Technology, obviously, has given us an immense power, and beyond a shadow of doubt, it really has helped us to make the world a better place. On the other hand, the lack of education of the efficient ways to use technology, lead people to some difficulties. Kings and Queens, once the celebrities whom people had a chance to see for a very short moment crossing the street, are now superseded with countless number of actors, actresses and sport athletes who are showing up their luxury lifestyle on social media. Those susceptible people who expect to have such lives are being less-satisfied more and more, as the less expectations you are having, the happier life you are having too. You will be more surprised when something comes true that you did not expect.

The second reason is that we are some hopeless people. Psychologists genuinely believe that, hope is the main ingredient of a happy life. Unfortunately, we are brought up to believe that happiness means having a lot of money, but when it comes to being truly happy, it is all about enjoying to do what you do every day and how much you have hope to have a better life in the future. For instance, an e-quaintance that I knew on Twitter wrote a "thread of tweets" on his experience that he used to have. A well-off, talented but perfectly hopeless man who had been dreaming to emigrate to another country to set off a better life in his dream country. While a chain of problems had happened to him that ruined all the chances he had had. He had resigned from his job and had lost all his money and had gone through the crisis of being homeless. All for one, Hope.

In conclusion, there might be numerous reasons for being less happy and less satisfied, but the two significant reasons that are of paramount importance are losing hope and over-expecting. It is recommended to raise our self-awareness and identify our strengths and diagnose our weaknesses, and plan realistically to achieve possible goals.

Word: 508

Time: 45 minutes