

# What Is Happiness?

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## *The Atlantic:*

At this year's Aspen Ideas Festival, we asked a group of professors, psychologists, and journalists how they would define happiness. According to Eli Finkel, a professor of psychology at Northwestern University, the definition is twofold: "It seems to me that happiness is some blend of experience of pleasure and the experience of meaning and fulfillment in life," he says. "I think much more of the latter than the former." Other panelists include Tim Kasser, Susan Greenfield, Brian Grazer, Paul Bloom, Suleika Jaouad, Robert D. Putnam, and Jennifer Senior.

Read the whole story: [The Atlantic](#)