

The task: Read the book

The task, this time, is simply to read the book you have chosen before your gathering.

Then, after you have read the book, write a one-page reflection on the book based on the following questions:

- What were the main theses of the book? What was it trying to argue or explain?
- How did the author argue for these theses?
- What were the key insights you personally got from reading the book?
 - What did you learn about good life, happiness, and life direction from this book?
- What did you disagree with in the book? What theses and arguments didn't convince you?
- What kind of worldview does the author of the book have? What are the things and values that the author firmly believes in?
- Were there any thoughts, ideas, questions or others that will influence how you will live your life from now onwards?

You don't have to answer all of these questions – all of them might not be applicable to the specific book you read. Use these questions rather as inspiration that can help you focus on what were the key lessons about good life, happiness and meaningfulness that this specific book provided.

Return your 1 A4 page report about the lessons about good life that the book provided to MyCourses before Friday 8th Feb at 13.00. Take a copy with you to the gathering.