Enjoy your Missoula summer even more. In this 3-credit course we will define and discuss the art and science of living a well-lived life. Research indicates that across the U.S., children, adolescents, adults, and seniors are experiencing less happiness, more depression, and higher suicide rates. We will get outside of the classroom, read a popular happiness book, examine scientific research studies, try out research experiments, engage in happiness lab experiential groups all while using published instruments to measure our own happiness and well-being. Overall, we will focus on how happiness and well-being manifest in the physical, cognitive, emotional, interpersonal, spiritual, behavioral, and contextual/cultural dimensions of our lives.