

Some people think that the teenage years are the happiest of our lives, while others believe that adult life brings more happiness.

Discuss both these views and give your own opinion.

Most of us probably don't believe we need a formal definition of happiness. We know it when we feel it and often use the term to describe ~~arrange-a range~~ of positive emotion.

In my opinion, there are good points and bad points about each of these years. When we are teenagers, it's good because we have lack of responsibilities even we don't think about ~~further future~~ and ~~that's-its~~ problems but we have to wake up early every day like ~~six 6-o o'clock~~ also we have to go to school and ~~doing~~ homework every day. Sometimes we have an exam. Our personality is not completely formed. It's time that we can be emotional but that's part of our personality we can ~~not-not~~ decide on ~~our by~~ own. our parents decide ~~among themselves~~ for their children, but in this decade teenagers can grow up in ~~the~~ best way and make a lot of friends.

On the other hand, adults can live independently and they have more time for themselves. By this age, the child becomes relatively independent of her mother.

They can ~~choice-choose~~ their own job within their own responsibility.

~~however~~ However, they can suffer anxiety and stress in their life. Adults go to university and make friends ~~with-in~~ different situations. They can define their own political stance. they go ~~on~~ different journeys and ~~getting~~ to know ~~with~~ people who have lots of experience. when both boys and girls ~~get ahead in their independence shown-developing independent lives independency,they~~ meeting challenges and have to find their own solutions.

In conclusion, grown up ages of our lives have their offering for being happy, happiness is not selfish and it's comes from within and it's a choice ~~that~~ can be expanded ~~and~~ also it's not ~~given but~~ earned or achieved.