According to Freud, what is happiness and why is it so hard for us to experience it? (Note: Some students only focus on Chapter 2 in developing this argument. That's not good enough. Others say things like "Freud makes happiness too complicated," . BASED ON CIVILIZATION AND ITS DISCONTENTS (Freuds Book) Body Paragraph 1: 2 quotes What is happiness? Without suffering there would be no happiness Relies on joy Body 2: 2 quotes 1 reason why it is hard to attain Suffering Body 3: 2 quotes Second reason Civilization The biggest thing standing in humanity's way of being happy is ourselves. Civilization Body 4: 2 quotes Religion Coping No purpose in life