

Chinese	Similar words/synonyms	L	Text	Word family
追求	chase, hunt		The pursuit of happiness	pursuance, pursue
快樂	joy, felicity, euphoria		How are we supposed to find happiness ? Through good works and helping people? By finding religion or discovering the joys of downshifting ? Whatever strategy you choose, where you live might make a difference. The latest global analysis of happiness and satisfaction levels shows that the most 'satisfied' people tend to live in Latin America , Western Europe and North America, whereas Eastern Europeans are the least satisfied.	happy, happily, strategician, stratagem, strategize, strategically
減速傳 戰略動	living more cheaply plan, policy	5	It is not the first time such international league tables have been drawn up . What is new is how experts and politicians are taking such data increasingly seriously. Over the past decade , the study of happiness, formerly the preserve of philosophers, therapists and gurus , has become a bona fide discipline. It even has its own journal, the Journal of Happiness Studies. As a result, government policy advisers are getting interested,	satisfy, satisfied, satisfactory globe, globally ~ analyst, analyze, analytically Latino
全球性 分析 滿足感	Worldwide, international ~ study, examination ~ contentment South and Central America global, worldwide ~ association, group ~ illustrated, displayed specialist ~ official, lawmaker information, records ten years theorist, thinker ~ psychiatrist, psychoanalyst, psychotherapist ~ spiritual leader/teacher ~ genuine, authentic administration ~ rule, strategy person who advises, consultant	10 15 20 25		internationally drawing, drawn expertize, expertly ~ politics, politicize, politically database philosophy, philosophize, philosophically therapy, therapeutically governance, governor, governmental advice, advise, advisable, advisably

	<p><i>methodical</i> <u>collect</u>, <u>harvest</u> <u>study</u>, <u>examination</u></p> <p><i>social</i> and <i>economic</i></p> <p><u>examine</u>, <u>study</u> ~ <u>influence</u> <u>disparity</u>, <i>dissimilarity</i> <u>discover</u>, <u>venture</u></p> <p><u>prosperity</u>, <u>affluence</u> ~ <u>rank</u>, <u>position</u> ~ <i>discontentment</i></p> <p><u>actions</u>, <u>conduct</u> ~ <i>dangerous</i>, <i>perilous</i></p> <p>way of life</p>	<p>30 and politicians are using the research as the basis for new strategies.</p> <p>What above all else has made <u>systematic</u> study possible is data <u>gathered</u> from hundreds of 35 <u>surveys</u> measuring happiness across different cultures, professions, religions, and <i>socio-</i> <i>economic</i> groups. Researchers can <u>investigate</u> the <u>impact</u> of 40 money and <i>inequality</i>; they could <u>explore</u>, for example, how much difference money makes to a person's happiness after their basic material needs have been 45 met, and whether inequality in <u>wealth</u> and <u>status</u> is as important a source of <u>dissatisfaction</u> as we might think. 'It is an exciting area,' says Ruut Veenhoven, editor-in- 50 chief of the Journal of Happiness Studies. 'We can now show which <u>behaviours</u> are <u>risky</u> as far as happiness goes, in the same way medical research shows what is 55 bad for our health. We should eventually be able to show what kind of <u>lifestyle</u> suits what kind of person.'</p> <p>While it is tempting to hold up 60 those nations that report the highest levels of happiness as a</p>	<p><u>systematize</u>, <i>systematically</i> <u>gatherer</u>, <u>gathering</u> <u>surveyor</u></p> <p><u>society</u>, <u>socialize</u> ~ <u>economy</u>, <u>economist</u>, <i>economically</i> ~ <u>investigator</u>, <u>investigational</u>, <u>investigative</u> ~ <u>impacting</u> <u>equalize</u>, <i>equally</i> <u>explorer</u>, <u>explorational</u>, <i>exploratively</i></p> <p><u>wealthy</u></p> <p>See 'satisfaction'</p> <p><u>behaved</u>, <i>behavioural</i> ~ <u>riskily</u></p> <p><u>lively</u>, <u>life</u> ~ <u>style</u>, <i>stylishness</i>, <u>stylize</u>, <i>stylishly</i></p>
--	--	---	---

	<p><u>investigator</u>, <u>examiner</u></p> <p><i>significant</i>, <i>important</i></p> <p><u>focusing on</u> the <i>individual</i></p> <p><i>individual</i> <u>accomplishment</u>, success</p> <p><u>exaggerate</u>, <u>over-rate</u> socialist, communist</p> <p><i>philosophical</i>, <u>accepting</u></p>	<p>65 model for others to follow, this may be unwise. For one thing, the word 'happiness' has no precise equivalent in some languages. Another complication is that 'satisfaction' is not quite the same thing as 'happiness'. When asked how happy they are, people tend to consider first their current state.</p> <p>70 To get a better idea, <u>researchers</u> ask people to take a step back and consider how satisfied they are with their lives overall and how</p> <p>75 <u>meaningful</u> they judge their lives to be.</p> <p>80 Comparisons between countries also need to be treated cautiously. Different cultures value happiness in very different ways. In <i>individualistic</i> western countries, happiness is often seen as a reflection of <i>personal achievement</i>. Being unhappy implies that you have not made the most of your life. Eunhook Mark Suh at Yonsei University in Seoul thinks this pressure to be happy could lead people to</p> <p>85 <u>over-report</u> how happy they feel. Meanwhile, in the more <i>collectivist</i> nations of Asia, people have a more <i>fatalistic</i> attitude towards happiness. According to Suh, 'One</p>	<p><u>research</u></p> <p><u>meaningfully</u> (Antonym-<u>meaninglessly</u>)</p> <p><i>individualize</i>, <i>individually</i></p> <p><i>personality</i>, <i>personalize</i>, <i>personally</i> <u>achiever</u>, <i>achievable</i></p> <p><u>reporter</u> <u>collection</u>, <u>collectivism</u>, <u>collectively</u>,</p> <p>fatalism, fate, <i>fatalistically</i></p>
--	--	--	--

<p><i>under-state, under-rate</i></p> <p>national, educational ~ norm, average</p> <p><i>communal obligations</i></p> <p><i>developed, built up</i></p> <p>focus on material goods</p> <p><i>restrainer, repressor</i></p>	<p>95 of the consequences of such an attitude is that you don't have to feel inferior or guilty about not being very happy.' Indeed, in Asian cultures the pursuit of happiness is often frowned on, which in turn could lead people to under-report.</p> <p>100 How satisfied a person is with their life also depends on how successfully they adhere to their particular cultural standard. In Japan, for instance, satisfaction may come from fulfilling family expectations and meeting social responsibilities. So, while in the US it is perfectly appropriate to pursue your own happiness, in Japan you are more likely to find happiness by not pursuing it directly.</p> <p>105 One of the most significant observations to come from research findings is that in industrialised nations, happiness has not risen with average incomes. A growing number of researchers are putting this down to consumerism, claiming that the desire for material goods, which has increased with average income, is a 'happiness suppressant'. One study, by Tim</p> <p>110</p> <p>115</p> <p>120</p> <p>125</p>	<p>See 'report'.</p> <p>culture +, cultured, culturally ~ standardization, standardize</p> <p><i>socialite, socialize, socially, sociable, sociably responsibility, responsible, responsibly</i></p> <p>industry, industrialist, industrialization, industrialise(UK), industrialize (US), industrially</p> <p>consumerist, consumption</p> <p>suppression, suppressively</p>
--	---	---

	<p><u>desire</u> for material goods</p> <p>contamination</p> <p>complex +, <u>complicated</u></p> <p><i>psychosomatic, mental</i></p> <p><i>practical, shrewd</i></p> <p><u>growth</u>, <u>progress</u></p>	<p>130 Kasser at Knox College, Illinois, found that young adults who focus on money, image and fame tend to be more depressed and suffer more physical symptoms such as headaches. Kasser believes that since nothing about materialism can help you find happiness, governments should discourage it and instead promote things that can. For instance, they could support businesses that allow their employees plenty of time off to be with their families, whereas advertising could be classified as a form of pollution and could be taxed. 'Advertisements have become more sophisticated,' says Kasser. 'They try to tie their message to people's psychological needs. But it is a false link. It is toxic.'</p> <p>145</p> <p>150 These days even hard-headed economists tend to agree that the key to making people happier is to shift the emphasis from economic wellbeing to personal development, and to discourage the pursuit of social status. This last point is crucial, believes Richard Layard from the London School of Economics, since the pursuit of social status does not</p> <p>155</p> <p>160</p>	<p>materialistically</p> <p>pollutant, <u>polluted</u></p> <p>sophistication, <u>sophisticatedly</u></p> <p>psychology, <u>psychologically</u></p> <p>hardness, <u>harden</u>, <u>hardy</u> ~ <u>heady</u></p> <p><u>developed</u>, <u>developmentally</u></p>
--	--	--	--

	<p>method, recipe</p> <p>voters</p> <p><i>ironically, strangely enough</i></p>	<p>165 make society as a whole any happier. Motivating people through the quest for rank ‘condemns as many to fail as to succeed – not a good formula for raising human happiness,’ says Layard.</p> <p>170 In view of these findings, it seems that governments would do well to worry about the happiness of their electorate. There could be dangers, however. Paradoxically, by striving too hard to climb the global happiness rankings, governments are in</p> <p>175 danger of turning the pursuit of happiness into yet another competitive quest for status – just what researchers have shown is a sure path to making people miserable.</p>	<p>formulation, formulate, formulaic</p> <p>election, elective</p> <p>paradoxical</p>
--	--	---	--

‘Tablearning’ technique ©luchubbard luc@peacemakerfoundation.com For more articles related to mind health see: Peacemakerfoundation.com
Article taken from IELTS Masterclass by Simon Haines and Peter May, Oxford University Press.

Q1: How are we supposed to find happiness? Through good works and helping people? By finding religion or discovering the joys of downshifting?

Q2: Do you think the study of happiness is important?

Q3: To study happiness researchers can objectively measure infrastructure, and other things that influence quality of life. The idea is that a high quality of life score corresponds with a higher happiness score. Researchers can also study subjective happiness simply by asking people how happy they are. Which method do you think is better – the quality of life studies or the subjective studies. Why?