

## Happiness

### Vocabulary:

Happiness is a mental state of well-being characterized by positive or pleasant emotions ranging from contentment to joy.

to endeavor to - стремиться

scientific method

public happiness

to supplement -дополнять

to hate something – ненавидеть что-либо

relaxed, embarrassed, satisfied - расслабленный, смущенный, довольный

frustrated, angry, cross, annoyed - разочарований, злой, разъяренный, раздраженный

surprised, shocked, amazed - удивлен, потрясен, поражен

happy, glad, pleased, cheerful

stressed, worried, thoughtful

sad, miserable, unhappy

desire for happiness- непреодолимое желание быть счастливым

to be focused on pleasure – быть сконцентрированным на удовольствии

to achieve missing happiness – достигнуть потерянного счастья

to keep feelings

lack of happiness – недостаток счастья

turning point in the life – поворотный момент в жизни

to react differently to life's events – по-разному реагировать на события

weak and vulnerable – слабый и уязвимый

to be a definite pessimist – быть настоящим пессимистом

to continue to be unhappy – продолжать быть счастливым

furious -яростный

overjoyed – вне себя от радости

delighted - радостный

fantastic- фантастический

### Questions:

Are you a happy person?

What is happiness for you?

Do you think that happiness lies within you? Or does it depend upon other people and external things?

Can “buy” happiness?

Is happiness a state of mind?

What makes you feel happy?

What are the three most important things for you to be happy?

Are single people happy?

Would you be happier with a soul mate or single?

Does having an animal/pet make you happy?

What is the effect that animals/pets have on people to make them feel happy?

What makes you happy?

Can you be happy if you are rich?

Can you be happy if you are poor?

Do you need money to be happy?

How can you become happy again when you are sad?

Is happiness a goal?

How often do you feel really happy?

Are people in your country generally very happy?

What makes you unhappy?

How happy are you comparing with your friends?

Do you wake up happy every morning?

Do you agree that older people are less happy?

Does your happiness change during different times of the day, week, month or year?

What is or was the happiest time of your life?

Do you think some nations are happier than others?

What is missing in your life that would make you very happy?

Do you feel that you have to work hard now in order to be happy later?

**Sayings:**

1 *No man is happy who does not think himself so.* (Syrus) Ни один человек не может быть счастливым, если он сам не считает себя таковым.

2 *Happiness is not a destination. It is a method of life.* Счастье - это не цель, а образ жизни.

3 *The foolish man seeks happiness in the distance, the wise grows it under his feet.* (Oppenheim) Глупый человек ищет счастья на стороне, мудрый возвращает его у себя под ногами.

4 *A lifetime of happiness! No man alive could bear it.* (Shaw) Жизнь из сплошного счастья! Ни один живущий на земле не сможет выдержать такого.

5 *Remember this, - that very little is needed to make a happy life.* (Aurelius) Помните об этом: очень немного нужно, чтобы сделать жизнь счастливой.