

EXERCISE 6: The Study of Happiness

 **A** | Listen to the recording. Complete the sentences with the words you hear. The missing words have /ɛ/, /æ/, /ə/, or /ɑ/ sounds.

Modern _____ has focused on the _____ and treatment of _____ or emotional _____, such as _____. Recently, however, an older trend has reemerged: The investigation of people who are _____ and the conditions that allow them to stay happy.

There are two _____ definitions of happiness. Happiness is sometimes defined as the _____ between _____ and pain over a period of time. This type of happiness varies with our day-to-day experiences. On one day, we may feel _____ or _____ because of a fight with a close _____. The _____ day we may feel good because we got a good grade on an important _____. A second definition reflects a person's general level of satisfaction with life. Research suggests that people return to this level despite the _____ and downs of daily life.