

45.

Fill the gaps in the summary below with one word only.

I don't think we have a great _____ idea of happiness. Many people imagine that happiness comes from something _____; if you get a new car, a better job, a bigger house, you'll be happy. Whenever I hear the phrase 'the _____ of happiness', the image that comes to my mind is of racing dogs chasing a mechanical rabbit that's always just out of _____. I think a much better goal of life is to be content. Contentment is an inner feeling of satisfaction that's not dependent on external factors. I argue that the goal is to enhance contentment, comfort, serenity and _____ so that you can roll with the ups and _____ of life and not get thrown off too much. I think it is not realistic to try to be happy all the time; we're _____ to be sad or blue some of the time; I think that's part of the _____ experience.