

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 _____ 1. _____ has focused on the _____ 2. _____ and treatment of _____ 3. _____ or emotional _____ 4. _____, such as _____ 5. _____. Recently, however, an older trend has reemerged: The investigation of people who are _____ 6. _____ and the conditions that allow them to stay happy.

There are two _____ 7. _____ definitions of happiness. Happiness is sometimes defined as the _____ 8. _____ between _____ 9. _____ and pain over a period of time. This type of happiness varies with our day-to-day experiences. On one day, we may feel _____ 10. _____ or _____ 11. _____ because of a fight with a close _____ 12. _____. The _____ 13. _____ day we may feel good because we got a good grade on an important _____ 14. _____. A second definition reflects a person's general level of satisfaction with life. Research suggests that people return to this level despite the _____ 15. _____ and downs of daily life.