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Read and guess the meaning of the words in red.

NEWS

Can money buy happiness?

We all dream of winning one million rials, but would it make us happy?

It is true that buying a nice new sports car, new clothes or an expensive new house would make you feel happy, but only for a short time. Soon, you have to go and buy something else so you can get that happy feeling again. Before long, you are working and spending and working and spending, but you are not getting any happier.

Lord Layard, from the London School of Economics, suggests that it is not money which brings happiness, but other things. He argues that people need to have friends and be involved in the local community to be happy. People also need to feel happy with themselves. They need to feel respected by others and feel they have achieved something in their work and life. Money cannot buy you friends, respect and achievement.

This means that if people want happier lives, they will need to change the way they spend their money. If the first thing you do when you win one million rials is to move to a big house in a new area, you might find yourself very lonely and unhappy. Think carefully about how you spend your money if you want to be happy. Give money to charity so you don't feel selfish, start a project which will be good for the community or save it so you don't have to worry about the future.

The message is that the less time we spend shopping, the more time we can give to family and friends, exercise, sleep, travel and other activities which give us a feeling of strength, health and happiness.

Source: *Polly Toynbee (2003) www.guardian.co.uk*