

b Complete the text with the words in the box.

affect as a result cause effect influence
is caused by lead result

What makes people unhappy? Some people think that the biggest ¹ cause is stress, whether from work or the pressures of life. Certainly, lifestyle has a heavy ² effect on happiness. For example, a poor diet can ³ affect your health and ⁴ lead to illness and disease. There is also a view that unhappiness ⁵ is caused by loneliness. Friends do have a positive ⁶ influence on people's lives because friends provide support, entertainment and company. It's more complicated with family because relationships are often difficult and ⁷ can result in ⁸ conflict and stress. This is clearly a difficult question to answer.