

- 3 Complete the text from the magazine article below with words from the box.

activities economy healthcare
leisure neighbours physical
pollution volunteer

THE SIX SECRETS OF HAPPINESS

National issues such as ¹ *healthcare*, how strong the ² _____ is and the level of ³ _____ in the air can make a big difference to your general happiness. However, researchers have found that there are six important factors in your personal life which can make you much happier:

- **Having strong relationships**
Happy people not only have good friends and a loving family but also get on well with colleagues and ⁴ _____.
- **Doing things you are good at**
The satisfaction of doing something well, such as a sport or other ⁵ _____ activities, contributes a lot to your happiness.
- **Not staying in a job you hate**
Remember, you're going to spend around 2,000 hours a year doing it, so make sure you like what you do.
- **Planning your happiness**
Include cultural ⁶ _____ and arrangements with people you like in your calendar.
- **Doing things that really mean something to you**
It's fine to have fun in your ⁷ _____ time, but you should also find something that brings a deeper sense of achievement.
- **Doing ⁸ _____ work (but not too often!)**
Helping others makes you happier, but researchers say you can feel stressed if you do too much.

Grammar real conditionals

- 4 Choose the best options to complete the text.

The Happiest Man on Earth

'If you can learn how to ride a bike, you ¹ *learn / can learn* how to be happy,' says 67-year-old French monk Matthieu Ricard. After detailed brain scans, he was considered by scientists to be the happiest man in the world. We interviewed him to find out what he can teach us.

The first thing he recommends is to understand your feelings. If you ² *feel / will feel* angry, you may lose control of yourself. But if you start to understand what you are feeling, you will be able to control your anger in a short time. You ³ *will be / won't be* completely happy unless you ⁴ *will get rid / can get rid* of bad feelings.

According to Matthieu, the best way to control your feelings is by doing meditation. If you ⁵ *meditate / will meditate* for twenty minutes a day, you deal better with everything else during the other twenty-three hours and forty minutes. You don't need to have a lot of experience, either. If you ⁶ *start / will start* meditating today, you will see the results in a month.

A last piece of advice? Anyone ⁷ *is / can be* the happiest person in the world if they ⁸ *look / will look* in the right place. So, find out what happiness really is for you and go for it!



PRONUNCIATION intonation

- 5a 8.2 » Listen to the two conditional sentences and choose the correct words in *italics* to complete the rule.

If you *meditate*, you'll feel happy.

You'll feel *happy* if you *meditate*.

In conditional sentences, the intonation usually rises in the *first / second* part and falls in the *first / second*.

- b 8.3 » Listen to these parts from famous quotes about happiness and write (1) if they are the first part of the sentence or (2) if they are the second.
- if you want happiness for a lifetime 1
 - you will be successful
 - you'll never enjoy the sunshine
 - if you can't love and respect yourself
 - you are too busy
 - you will never be happy

- c 8.4 » Listen to the whole quotes and check.

- d 8.4 » Look at the audioscript on page 93. Listen again and repeat.

I can ...

	Very well	Quite well	More practice
talk about quality of life.	☐	☐	☐
talk about real conditions.	☐	☐	☐