

## 8.1 World happiness report

### Vocabulary happiness factors

1 Complete each point with one word from each box.

A balanced cultural health high leisure physical strong

B activity activities care diet economy taxes time

### People are generally happier when ...

- they have enough time and money for <sup>1</sup> cultural activities, such as going to the cinema.
- they don't have to work very long hours and so have enough <sup>2</sup> \_\_\_\_\_.
- they can afford a <sup>3</sup> \_\_\_\_\_, which includes the right combination of vitamins, proteins and carbohydrates.
- they pay <sup>4</sup> \_\_\_\_\_, and as a result their country offers good quality services, such as free <sup>5</sup> \_\_\_\_\_.
- their country has a <sup>6</sup> \_\_\_\_\_, without high inflation or frequent financial crises.
- they do enough <sup>7</sup> \_\_\_\_\_, such as walking, swimming or team sports.



2a Complete the answers to the survey with one suitable word in each gap. The first letter is given.

### What has made you especially happy or unhappy recently?

1 'I was really pleased when my company started to offer childcare. It really changed my life because now I can spend much more time with my son.'

2 'I know this sounds awful, but it was when my n \_\_\_\_\_ moved out last month! He was so noisy and the walls are really thin.'

3 'I've only been living in the capital for three months, and it's been really hard to get used to the p \_\_\_\_\_. My eyes really burn sometimes.'

4 'I watched a documentary on global p \_\_\_\_\_ last week. It really breaks your heart to see that so many have so little.'

5 'During my holiday, I worked for two weeks as a v \_\_\_\_\_ in an old people's home. The old people were fantastic and I learnt so much from them.'

b 8.1) Listen and check.

c Which people mentioned events that made them ...

- happy? 1, 2 and 3
- unhappy? 4, 5 and 6

→ **STUDY TIP** Make a list of collocations like *balanced diet* and *leisure activity* and record them in your vocabulary notebook with an example sentence.

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 <sup>1</sup> healthcare, how strong the <sup>2</sup> is and the level of <sup>3</sup> 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 <sup>4</sup> \_\_\_\_\_.
- **Doing things you are good at**  
The satisfaction of doing something well, such as a sport or other <sup>5</sup> \_\_\_\_\_ 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 <sup>6</sup> \_\_\_\_\_ 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 <sup>7</sup> \_\_\_\_\_ time, but you should also find something that brings a deeper sense of achievement.
- **Doing <sup>8</sup> \_\_\_\_\_ 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 <sup>1</sup> 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 <sup>2</sup> 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 <sup>3</sup> will be / won't be completely happy unless you <sup>4</sup> 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 <sup>5</sup> 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 <sup>6</sup> start / will start meditating today, you will see the results in a month.

A last piece of advice? Anyone <sup>7</sup> is / can be the happiest person in the world if they <sup>8</sup> 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.

- a if you want happiness for a lifetime 1
- b you will be successful \_\_\_\_\_
- c you'll never enjoy the sunshine \_\_\_\_\_
- d if you can't love and respect yourself \_\_\_\_\_
- e you are too busy \_\_\_\_\_
- f 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 ...

talk about quality of life.

Very well  Quite well  More practice

talk about real conditions.