Is too much choice making us unhappy?

READ AND COMPLETE THE GAPS

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Buying a cup of coffee isn't as easy as it used to be.

1_____. Years ____there were only two kinds of coffee – black or white. But nowadays _____you go into a coffee shop in the UK you are about twenty different options. you want a Cappuccino, a Latte, a Caramel Macchiato, an Americano, or a White Mocha?

And it isn't just in the coffee bar. In big supermarkets we have to choose between thousands of products – my local supermarket____35 different kinds of milk! When we are buying clothes or electrical gadgets, looking for a hotel on a travel website, or just deciding_____TV channel to watch, we are constantly forced ___choose from hundreds of possibilities.

Buying a cup of coffee isn't as easy as it used to be.

3_____._____university researchers have discovered that too much choice is making us feel unhappy and dissatisfied. The problem is that we have ___many options that we get stressed every time we have to_____a decision, because we are worried about making the wrong one. Then when ___choose one thing we feel bad because we think we are missing other opportunities, and this makes us dissatisfied with what we have_____

Research shows that we feel happier when we have less choice.

4_____. Professor Mark Lepper at Stanford University in America found that people who tried six kinds of jam ___happier with their choice than those who were offered 24 jams to taste.

But if all this choice is bad for us, what can we do about it?

5_____. Professor Lepper suggests that we_____try to relax when we have to choose something to buy. 'Don't take these choices too seriously or it____become stressful,' he says. 'If you pick a sofa from IKEA in 30 seconds, you'll feel better_____if you spend hours researching sofas – because you won't know what you're missing.'