

WATCH THE VIDEO *THE HAPPINESS FORMULA* AND FILL IN THE BLANKS OF THE TRANSCRIPT BELOW WITH THE WORDS YOU HEAR.

THE HAPPINESS FORMULA

We work, we buy, _____ and die.

We don't know why. The science of happiness says the _____ is to rethink everything:

_____ The rat race, give it up.

_____ The rich, tax them.

_____, take more.

In short, transform the way we live.

New York City, capital of the _____ world, where
status as a designer _____ is sewn inside. But does

happiness come in a gift-wrapped _____ and if it doesn't
what on earth are we all doing?

It's a fundamental fact in the happiness _____ ,
standard of living has increased dramatically and happiness has
increased not at all and in some cases it has
slightly. I mean, there's a lot of evidence that being richer isn't
making us happier at least in the _____ World, so we
clearly need something else.

It's a huge _____. Put simply, the science shows that once
average _____ are more than 10000 pounds a year, extra
riches don't make a country any happier.

We are stuck on a treadmill: in our _____ for happiness, we
work longer, _____ farther, to get richer to buy more and yet
the science of happiness suggests we should do exactly the
opposite.

If only we could learn as a society to slow _____ we might all
be able to become happier. If we could all take more
together...

The assumption that economic _____ delivers
happiness is suspect. The assumption that consumer
can fulfill all these tasks for us, social psychological tasks, a
sense of the meaning of my life through material possessions is
deeply suspect and if we want to make progress, in human terms,
if we want to _____ happiness in any degree, then
it is these assumptions that we have to re-examine.

It is starting to happen. Politicians are realizing that making
people happy is as important as making people rich. The next
task though is working out how to convince us all to change the
way we live.