ESLWORKSHEETS

Nostalgia

Part 2

A bittersweet longing

..... life, change is the default, not the exception; transformation is baked into every aspect of our world, ... physical growth ..... scientific progress. Novelty, meanwhile, is an antidote to boredom, stagnation and satiation.

Nonetheless, people long ..... stability. Change can threaten well-being, especially when it requires a new set of skills to meet new demands. Stress can accompany unexpected or extreme change, since our ability to control situations depends upon a reasonable degree of predictability. (Imagine not knowing if a stone would fall or rise when you let go of it.)

Nostalgia is a bittersweet yearning ..... the past. It's sweet because it allows us to momentarily relive good times; it's bitter because we recognize that those times can never return. Longing ..... our own past is referred to ..... personal nostalgia, and preferring a distant era ..... termed historical nostalgia.

Although nostalgia is universal, research ..... shown that a nostalgic yearning ..... the past is especially likely ..... occur during periods of transition, ... maturing into adulthood ..... aging into retirement. Dislocation or alienation resulting ..... military conflict, moving to ..... new country or technological progress can ..... elicit nostalgia.

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