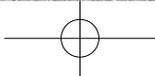
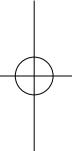
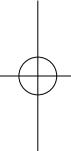




Unit **2** Happiness





Part I

Intensive Reading

Pre-reading Preparation

- 1 Discuss the following questions with your partners.
 - (1) What is the difference between “fun” and “happiness”?
 - (2) Why do some people decide to remain single or choose not to have children?
- 2 Read the following sentences carefully and work out the meanings of the underlined words and expressions.
 - (1) The Suzhou dialect and Shanghai dialect **have** much **in common**; they both belong to the Wu family of the Chinese language.
 - (2) After the incident, they **came to** the conclusion that money cannot buy happiness.
 - (3) Learning spoken English is like taking Chinese medicine: You must be patient; the effect comes gradually, but **inevitably** it will come.
 - (4) Winning the game **involves** both skills and experience.

Text

The Secret of True Happiness

- 1 I live in the land of Disney, Hollywood and year-round sun. You may think that people in such a glamorous fun-filled place are happier than others. If so, you have some mistaken ideas about the nature of happiness.
- 2 Many **intelligent** people **equate** happiness **with** fun. The truth is that fun and happiness **have little or nothing in common**. Fun is what we experience during an act. Happiness is what we experience after the act. It is a deeper, more lasting emotion.
- 3 Going to an **amusement** park or a ball game, watching a movie or television, are fun **activities** that help us **relax**, **temporarily** forget our problems, and maybe even laugh. But, they do not bring happiness, because their positive effects end when the fun ends.
- 4 The way people **cling to** the belief that a fun-filled, pain-free life **equals** happiness actually **diminishes** their chances of ever **attaining** real happiness. If fun and pleasure are equated with happiness, then pain must be equated with unhappiness. But, in fact, the opposite is true: More times



than not, things that lead to happiness **involve** some pain.

- 5 As a result, many people avoid the very **endeavors** that are the **source** of true happiness. They fear the pain **inevitably** brought by such things as marriage, raising children, professional achievement, civil or **charitable** work, and self-improvement.
- 6 Ask a **bachelor** why he **resists** marriage even though he finds dating to be less and less satisfying. If he's honest, he will tell you that he is afraid of making a commitment. For commitment is in fact quite painful. The single life is filled with fun, adventure, and excitement. Marriage has such moments, but they are not its most **distinguishing features**.
- 7 Similarly, couples who choose not to have children are deciding in favor of painless fun over painful happiness. They can **dine out** whenever they want, travel wherever they want and sleep as late as they want. Couples with infant children are lucky to get a whole night's sleep or a three-day vacation. I don't know any parent who would choose the word fun to describe raising children.
- 8 But couples who decide not to have children never experience the pleasure of **hugging** them or **tucking** them into bed at night. They never know the joys of watching a child grow up or of playing with a grandchild.
- 9 Of course I enjoy doing fun things. I like to play **racquetball**, joke with kids (and anybody else), and I probably have too many hobbies.
- 10 But these forms of fun do not **contribute** in any real way to my happiness. More difficult endeavors—writing, raising children, creating a deep relationship with my wife, and trying to do good in the world—will bring me more happiness than can ever be found in fun, the least **permanent** of things.





- 11 Understanding and accepting that real happiness **has nothing to do with** fun is the most important **realization** we can ever come to. It saves time: now we can **devote** more hours to activities that can **genuinely** increase our happiness. It liberates money: Buying that new car or those fancy clothes that will do nothing to increase our happiness now seems **pointless**. And it liberates us from **envy**: We now understand that all those rich and glamorous people seem to be happy because they are always having so much fun but they actually may not be happy at all.
- 12 The moment we understand that fun does not bring happiness, we begin to lead our lives differently. The effect can be, quite **literally**, **life-transforming**.

(594 words)

New Words

intelligent	/ɪn'telɪdʒənt/	<i>adj.</i>	聪明的, 明智的
amusement	/ə'mju:zmənt/	<i>n.</i>	娱乐, 消遣, 娱乐活动
activity	/æk'trɪvəti/	<i>n.</i>	活动
relax	/rɪ'læks/	<i>v.</i>	(使)放松; (使)松弛
temporarily	/'tempərəri/	<i>adv.</i>	暂时地
equal	/'i:kwəl/	<i>vt.</i>	等于; 比得上
diminish	/dɪ'mɪnɪʃ/	<i>v.</i>	(使)减少, (使)变小
attain	/ə'teɪn/	<i>vt.</i>	获得; 达到
involve	/ɪn'vɒlv/	<i>vt.</i>	包含, 含有; 涉及, 影响
endeavor	/ɪn'devə(r)/	<i>n.</i>	努力, 尝试
source	/sɔ:s/	<i>n.</i>	来源; 根源
inevitably	/ɪ'nevɪtəbli/	<i>adv.</i>	不可避免地, 必然地
charitable	/'tʃærɪtəbl/	<i>adj.</i>	慈善的; 仁慈的; 宽容的
bachelor	/'bætʃələ(r)/	<i>n.</i>	单身汉
resist	/rɪ'zɪst/	<i>vt.</i>	抗拒, 对抗; 忍住, 按捺
distinguishing	/dɪ'stɪŋgwɪʃɪŋ/	<i>adj.</i>	有区别的
feature	/'fi:tʃə(r)/	<i>n.</i>	特征, 特色
hug	/hʌg/	<i>vt.</i>	拥抱
tuck	/tʌk/	<i>vt.</i>	塞, 掖
racquetball	/'rækɪtbɔ:l/	<i>n.</i>	硬球壁球
contribute	/kən'trɪbjʊ:t/	<i>v.</i>	有助于
permanent	/'pɜ:mənənt/	<i>adj.</i>	永久的, 持久的
realization	/'ri:əlɪ'zeɪʃən/	<i>n.</i>	认识; 实现
devote	/dɪ'vəʊt/	<i>vt.</i>	为……付出时间精力等; 献身于……
genuinely	/'dʒenju:li/	<i>adv.</i>	真诚地, 诚实地



pointless	/ˈpɔɪntləs/	adj.	无意义的
envy	/ˈenvi/	vt.	嫉妒, 羡慕
literally	/ˈlɪtərəli/	adv.	确实地, 真正地
transform	/trænsˈfɔ:m/	vt.	使变形, 使改观

Phrases & Expressions

equate... with...	将……等同于……
have little or nothing in common	几乎没有或根本没有共同之处
cling to	坚持
dine out	外出进餐 (尤指在餐馆)
have nothing to do with	与……毫无关系

Cultural Background and Related Information

1 Disney
 迪斯尼 (Walt Disney): (1901-1966) 美国动画片制作家、演出主持人和电影制片人, 以创作卡通人物米老鼠和唐老鸭闻名。他制作了第一部有声动画片《威利号汽船》(Steamboat Willie), 并制作了第一部长篇动画故事片《白雪公主》(Snow White)。文中Disney是指迪斯尼乐园 (又称 Disneyland), 位于美国洛杉矶市附近, 由 Walt Disney 创建。

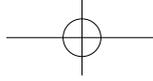
2 Hollywood
 好莱坞是美国加利福尼亚州洛杉矶市的一个区, 于1910年并入洛杉矶, 长期以来是电影和娱乐中心。洛杉矶的冬季也阳光充足, 温暖宜人, 故课文中有 “Hollywood and year-round sun” 之说。

Reading Comprehension

Reading Analysis

Choose the best answer to each of the following questions or statements according to the text.

- Which of the following is true about the relationship between fun and happiness?
 - There are some similarities between fun and happiness.
 - Unlike happiness, fun activities cannot bring positive effects.
 - People who live a fun-filled life are not necessarily happy.
 - People must experience fun before they can live a happy life.



2. Fun activities include all the following EXCEPT _____.
 - A. playing basketball
 - B. attending parties
 - C. traveling
 - D. helping the poor

3. The author mentions a bachelor who resists marriage and couples who choose not to have children in order to _____.
 - A. tell us that they have much more freedom in their lives
 - B. prove that people who live a single life enjoy doing fun things
 - C. explain what is the most distinguishing feature of marriage
 - D. illustrate the fact that many people have a mistaken belief about happiness

4. What is this passage mainly about?
 - A. Fun does not bring real happiness.
 - B. Wealth doesn't mean real happiness.
 - C. Pain is the only source of real happiness.
 - D. Real happiness lies in getting married and raising children.

5. Which of the following statements is true according to the text?
 - A. He used to have some wrong ideas about the nature of happiness.
 - B. He is not happy although he lives in such a fun-filled place as Disneyland.
 - C. His life is not happy because he has too many hobbies.
 - D. He understands why some people are happy while others are not.

Information Recall and Summary

1 Answer the following questions based on the text you have read.

- (1) Where does the author live?
- (2) What is the common wrong idea people have about the nature of happiness?
- (3) What is fun? What are fun activities?
- (4) What does the author think of pain?
- (5) What is the source of real happiness?
- (6) Why do some bachelors resist marriage and some couples decide not to have children?
- (7) What will they lose if a couple choose not to have children according to the author?
- (8) Why is the correct understanding of happiness so important?

2 Write a summary of the text. Compare your summary with that of your partner.



Information Organization

Complete the following table based on the text.

Topics	Supporting Details
Fun and happiness (Paras.1-3)	Some people may think that _____. Many intelligent people think that _____. The fact is that _____.
Pain and happiness (Paras. 4-10)	Some people think that _____. In fact, _____. What many people do: _____. The reason: _____. Examples: _____. The author's opinion: _____.
The significance of understanding happiness (Paras. 11-12)	_____ _____

Team Work

Work in groups and discuss the following questions with your partners. You may use the useful words and expressions given below.

1. In your opinion, what is happiness?
2. Are you living a happy life? Why or why not?

Useful Words and Expressions

good health

young

realize one's dream

fun activities

a pleasant state of mind

make contributions to society

work hard

have a lot of friends

beautiful

stable income

no difficulties or hardships

a sense of responsibility

live in a peaceful country

do painful things

rich

successful

have a high social status

no suffering

help others

be loved and love others



Part II

Skills Building

Word Forms

1 Learn the rules of word formation and finish the exercises.

合成形容词

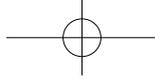
合成法是英语中比较活跃的构词法。由合成法构成的形容词有多种结构形式，包括“名词+现在分词/过去分词”以及“名词+形容词”，如课文中出现的 life-transforming, fun-filled place, pain-free life 和 year-round sun。

Now study the following groups of words and put them into meaningful expressions according to the rules of word formation.

- | | |
|--------------------------------|---------------------------------|
| (1) care / free / childhood | _____ care-free childhood _____ |
| (2) peace / love / people | _____ |
| (3) time / consume / task | _____ |
| (4) man / eat / animal | _____ |
| (5) cotton / fill / coat | _____ |
| (6) world / famous / scientist | _____ |
| (7) state / own / company | _____ |
| (8) home / make / rice wine | _____ |

2 Choose a word to complete each of the following sentences. Change the form if necessary.

- (1) (equate / equal / equality)
- 1) No one _____ Professor Smith as an experienced teacher.
 - 2) All people have the right to _____ of opportunity.
- (2) (liberate / liberty / liberation)
- 1) Children have a lot more _____ than they used to.
 - 2) She wanted to _____ herself from the kitchen and find a job in a company.
- (3) (distinguish / distinguishing / distinguished)
- 1) These are some features that _____ spoken English from written English.
 - 2) He is not an ordinary man; he is a _____ judge.



(4) (contribute / contributing / contribution)

- 1) Both the listener and the speaker should make a positive _____ to the smooth development of a conversation.
- 2) A proper amount of exercise _____ to good health.

Vocabulary in Context

1 Match each of the words in Column A with its synonym in Column B.

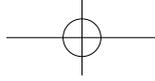
<p>A</p> <ol style="list-style-type: none"> 1. positive 2. attain 3. endeavor 4. inevitably 5. vacation 6. hug 7. devote 8. literally 	<p>B</p> <ol style="list-style-type: none"> a. embrace b. dedicate c. holiday d. good e. obtain f. really g. effort h. undoubtedly
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2 Complete the following sentences with the expressions given.

- (1) Model: Edison often asked questions that had nothing to do with lessons.
This question _____ (与我们所讨论的内容无关). (have nothing to do with)
- (2) Model: According to a recent poll (民意测验) on forms of transportation for traveling long distances, most people decide in favor of taking the train over flying.
When asked where to work after graduation, almost all the students _____ (选定大公司而不是小公司). (decide in favor of... over...)
- (3) Model: Poor food in the school canteen contributes to her illness.
The student's carelessness _____ (导致考试不及格). (contribute to)

3 Choose the best option to complete each of the following sentences.

- (1) He found it hard to _____ a job with an income of 20,000 yuan a month.
A. resist B. insist C. assist D. persist
- (2) During rainy weather the school bus is late _____.
A. the opposite is true B. the same is true
C. more time than not D. more often than not
- (3) The library is _____ closed for repairs.
A. genuinely B. literally C. temporarily D. actually
- (4) She chose to be a nurse and _____ her whole life to her career.
A. contributed B. attributed



- C. attained
D. devoted
- (5) It was great _____ to watch the football match in a stadium that held thousands of people.
A. fun B. fan C. funny D. fancy
- (6) The two young men _____ except that they are both from the countryside.
A. have something in common B. have nothing in common
C. have nothing to do with D. have something to do with

4 Make a comparison of the following words and finish the exercises.

(1) act / action / activity

act 指具体的“举动、行为”，是短暂、个别的，强调动作结果。如：When the accident happened, her first act was to report it to the police. 事故发生时她的第一反应就是向警察报案。

action 偏重抽象的“行动”，往往占时较长，包括不同的步骤，强调动作过程。如：We have had enough talk. It is now time for action. 我们谈的已经够多了，现在该是行动的时候了。

activity 指个人或群体出于爱好或特定目的而开展的“活动”。如：after-class activities 课外活动；cultural activities 文化活动；political activities 政治活动。

Now complete each of the following sentences with one of the above words.

- The government must take _____ now to stop the rise of violent crime.
- The invitation was considered an _____ of friendship.
- What we need now is _____, not discussion.
- He has a lot of business _____ which take up his spare time.

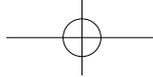
(2) source / origin

source 除表示事物的来源外，还可表示问题的起因、信息的来源以及河流的源头等，如：source of trouble 问题的起因；source of income 收入来源；source of strength 力量源泉；source of the news 消息来源；source of the river 河流的源头。

origin 则表示起源、事物发展的开端以及出身、血统等，如：origin of the language 语言的起源；origin of the disaster 灾难的根源；humble origin 卑微的出身。

Now complete each of the following sentences with one of the above words.

- He got the news from a reliable _____.
- Money is thought to be the _____ of all evil.
- The _____ of the flood was two weeks of heavy rains.
- Some Japanese words are of Chinese _____.



Key Structures

1 Rewrite the following sentences after their models.

Model A People cling to the belief that a fun-filled, pain-free life equals happiness. This way of thinking actually diminishes their chances of ever attaining real happiness.

(The way...)

→ The way people cling to the belief that a fun-filled, pain-free life equals happiness actually diminishes their chances of ever attaining real happiness.

(1) You have done your hair in this way. This gives me a surprise.

(2) Many parents educate their children in this manner. It can be very bad for their development.

(3) Some young people today like to deal with failures in that way. It makes me think a lot.

Model B Happiness can be found in fun, that least permanent of things. More difficult endeavors will bring me more happiness.

(more... than...)

→ More difficult endeavors will bring me more happiness than can ever be found in fun, that least permanent of things.

(4) Some people are assigned to do the job. The job needs more people because it is very difficult.

(5) We often advise him not to drink too much wine. Too much wine is not good for his health.

(6) He never accepts so much work. He cannot do so much work.

2 Read the following English sentences, paying attention to the structure of the underlined parts. Then translate the Chinese sentences into English.

Model A Many intelligent people equate happiness with fun. The truth is that fun and happiness have little or nothing in common.

许多大学生把通过4级考试等同于英语学得好。事实是一些4级考试得高分的学生却不能与外国人交流。



Model B The moment we understand that fun does not bring happiness, we begin to lead our lives differently.

大学一毕业，她就开了一家小公司。

Translation

1 Translate the following expressions into English or Chinese.

- (1) fun activities _____
- (2) positive effect _____
- (3) charitable work _____
- (4) 养育儿女 _____
- (5) 多半 _____
- (6) 承诺 _____

2 Choose the best translation for each of the following sentences.

- (1) But, in fact, the opposite is true: More times than not, things that lead to happiness involve some pain.
- A. 但是事实上，相反的却是正确的：很多次，带来幸福的事情都不会涉及痛苦。
- B. 但是事实恰恰相反：很多时候，能够带来幸福的事情往往都伴随着一定的痛苦。
- C. 但反过来事实上也是对的：引起幸福的事物多数情况下都与一些痛苦有关。
- (2) More difficult endeavors will bring me more happiness than can ever be found in fun, that least permanent of things.
- A. 更为艰苦的事情会比享乐这个最不持久的东西给我带来更多的幸福。
- B. 事越难就越比享乐给我带来更多的幸福，好玩的事是持久时间最短的。
- C. 更多的艰巨的工作都会为我带来比享乐以及那些最不持久的事物更多的幸福。

Writing

Paragraph Writing (语段的写作)

Structure of a paragraph (语段的结构)

语段是文章的基本单位。语段由一句或若干语句组成，从一个方面表达或阐述文章的中心思想。一般来说，语段（文章的起始段和结尾段除外）由主题句（topic sentence）、扩展句（supporting sentence）和结束句（concluding sentence）构成。其结构如图所示：



Topic sentence



Supporting sentence 1 / Supporting sentence 2 / Supporting sentence 3



Concluding sentence

1. 主题句 主题句是语段最重要的句子，一般包括本段的主题（topic）和作者的态度两个部分。作者的态度通常用某一关键词或短语来表示，控制和限定语段的主题，表明作者的观点，故又称为控制性观点（controlling idea）。

主题句具有以下特点：1) 表达清晰易懂，一目了然；2) 能恰当概括语段内容，涉及面既不能太宽使主题无法讲清，又不能太窄使语段没有展开的余地；3) 主题句为完整的句子，可位于语段开头、中间或结尾，有时语段中也可以不出现主题句。

请看下面的语段：

Parents can help their children be successful at school by encouraging them.

So, if parents really want their children to succeed at school, they need to pay attention to their children's studies and encourage them. (From Developing Composition Skills)

The topic: how parents can help children succeed in school

The topic sentence: Parents can help their children be successful in school by encouraging them.

The controlling idea: encouraging

2. 扩展句 扩展句用以解释、扩展主题句，使用解释说明、记叙、举例、列举、比较 / 对比、引用数据等方法。扩展句必须围绕主题句，从不同方面进行阐述。

上述语段的扩展句是：

- (1) Children usually enjoy playing games instead of studying their boring lessons, so parents have to take the responsibility to monitor their study and to remind them to do their homework at home after school.
- (2) Parents should also encourage their children to study by buying story books with pictures, or buy text books or tapes that help children learn to spell or read.
- (3) The best way to encourage children to study efficiently is to reward them when they get an "A". As a child, I experienced this. My parents would give me a gift if I had studied well, and that made me very happy.

3. 结束句 结束句对语段进行总结或对主题思想进行强调与评论，与主题句相呼应。有的语段（特别是篇幅较短的语段）没有结束句。

上述语段的结束句为：

So, if parents really want their children to succeed at school, they need to pay attention to their children's studies and encourage them.

再来看课文中的一个语段：

Many intelligent people equate happiness with fun. The truth is that fun and happiness have little or nothing in common. Fun is what we experience during an act. Happiness is what we experience after the act. It is a deeper, more abiding emotion.



本段中第一句 Many intelligent people equate happiness with fun 起铺垫和引导的作用。主题句是 The truth is that fun and happiness have little or nothing in common. 其中, fun and happiness 为语段涉及的主题, have little or nothing in common 作为关键短语表明了作者的立场和观点。后三句围绕主题和控制性观点对 fun 和 happiness 给出定义和解释, 以此对主题句进行扩展。语段中没有结束句。

Features of a paragraph (语段的特点)

一个好的语段, 除了遵循上述结构模式外, 还要具备以下两个基本特点: 语段的一致性 (Unity) 和连贯性 (Coherence)。

语段的一致性与语段的内容有关。要求一个语段只能围绕一个中心, 就某一个话题或某个话题的一个方面进行阐述, 语段中所有句子都必须支撑和服务于语段的主题和控制性观点。否则语段就会出现“偏题”现象。

语段的连贯性与语段语言的组织有关。要求语段中句子与句子之间的安排必须符合一定的逻辑顺序和条理, 衔接紧密, 过渡流畅自然, 不然读者就不能理清文章的思路, 就会产生费解甚至误解。实现语段的连贯, 可以通过以下几种方法:

- (1) 按照一定的逻辑顺序排列语段中的细节, 包括按时间顺序、空间顺序、一般到具体或具体到一般的顺序、重要到非重要或非重要到重要的顺序等。
- (2) 使用表示一定逻辑关系的过渡词, 表示并列、转折、递进、结论、举例、列举、因果关系或原因分析、比较和对比等。
- (3) 使用代词、平行结构以及重复关键词。

下面这篇文章较好地遵循了语段的一致性和连贯性原则:

The Western regions in China are usually economically backward or underdeveloped. Fortunately, the Chinese government has decided to quicken the development of these areas. This decision is, in my opinion, of great significance. First of all, the development of the Western regions will make it possible for us to make full use of the natural resources and economic potential in the remote parts of our country. Second, Western region development will contribute greatly to the elimination of poverty and therefore improve the living conditions of the people in the poverty-stricken areas, and provide more opportunities for the Western regions to catch up with the more advanced parts of China. Last but not least, by attaching importance to prosperity for all, the Western region development campaign will undoubtedly ensure the unity and stability of society and have a positive effect on the building of socialism with Chinese characteristics.

分析

本段中第一、二句起铺垫作用, 逐步引导出主题句 This decision is, in my opinion, of great significance for the following reasons. 主题句包括全段的主题 decision、控制性观点 of great significance。语段中使用了 First of all、Second、Last but not least 等过渡词, 以重要性逐步升级的顺序, 从三个角度列举和说明了 Western development 会带来的结果, 这些结果反过来又成为支撑作者观点的充分理由。



1 Read the following topic sentences and decide which ones are not effective and explain why.

- (1) Women are playing an increasingly important role in society today.
- (2) Exercise is important to the health.
- (3) Our campus is very attractive in spring.
- (4) This car is more than twenty years old.
- (5) I spent many summer vacations in Nanjing.
- (6) Smith is given a job.

2 The following paragraph is taken from the text. Discuss it with your partners in terms of paragraph unity and coherence.

Understanding and accepting that real happiness has nothing to do with fun is the most important realization we can ever come to. It saves time: now we can devote more hours to activities that can genuinely increase our happiness. It liberates money: Buying that new car or those fancy clothes that will do nothing to increase our happiness now seems pointless. And it liberates us from envy: We now understand that all those rich and glamorous people seem to be happy because they are always having so much fun but they actually may not be happy at all.

Part III

Fast Reading

Text

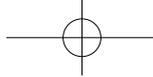
The ABCs of Living a Happy Life

- 1 I was browsing (浏览) around a bookshop, a habit of mine, when I saw a small, interesting book entitled *The ABC of Loving Yourself*.
- 2 Each letter of the alphabet stands for an encouraging and motivational word, useful to guide our life.
- 3 Working from memory and allowing myself some leeway (回旋余地) to adapt the guidelines let me go through the alphabet of life.



- 4 “A” is for acknowledging or appreciating your value as a person, gifted with self-awareness, creative imagination, conscience (良心), independence, will and multiple intelligence.
- 5 “B” is for believing in yourself, that you have the ability to make use of your endowments (天赋) to lead an effective, meaningful life.
- 6 “C” is for caring about yourself and people, taking care of your basic needs to live, learn, love and leave a legacy (遗产) while caring for similar needs of other people around you.
- 7 “D” is for dreaming big dreams, to search for the wildest wishes that may seem impossible, but that begin to lead you in certain directions.
- 8 “E” is for empathizing (同情) with people, understanding their feelings.
- 9 “F” is for fun, allowing yourself to enjoy life, what you do and how you do things.
- 10 “G” is for giving generously your time, your positive thoughts, your kindness and whatever you can afford to bring to others.
- 11 “H” is for happiness, being happy with who you are and what you do in life.
- 12 “I” is for imagination, stretching your mind to search for dreams and solutions to achieve your goals.
- 13 “J” is for joy, bringing joy to people you meet, live with or work with.
- 14 “K” is for knowledge, always learning and using what you know for the betterment of life and society.
- 15 “L” is for love, loving unconditionally, not only emotionally or physically but spiritually.
- 16 “M” is for motivation (激励), self-discipline (自我约束) and spurring (鞭策) yourself on as well as motivating people to excel.





- 17 “N” is for being nice, amiable (和蔼可亲的) and friendly even to strangers.
- 18 “O” is for openness, being open to people, new ideas and absurd but interesting ideas.
- 19 “P” is for patience, to control oneself, to pace oneself and to follow certain steps in nature.
- 20 “Q” is for quiet, to find moments of quiet within yourself, to find a quiet spot to review, reflect and rejuvenate (使恢复活力) yourself.
- 21 “R” is for respect, to value diversity (多样性) of races, religions, cultures, beliefs and values.
- 22 “S” is for smiling, the ability to smile freely even in moments of despair.
- 23 “T” is for trust, trusting yourself, your relatives, your friends and colleagues.
- 24 “U” is for unity, in living peacefully with people and in valuing the input (看法) of a unified (统一的) team of family, friends and colleagues.
- 25 “V” is for victory, recognizing and celebrating even the smallest victory in whatever you do.
- 26 “W” is for wonder, wondering about mankind, men and women, yourself and nature.
- 27 “X” is for the “X” factor, seeking the extra dimension (方面, 特点) in yourself and in people, finding the winning trait (特性) in each person.
- 28 “Y” is for saying “yes” to positive challenges and adventures.
- 29 “Z” is for zest (热情) in life, in whatever you set out to do.
- 30 May you be guided by these ABCs of life. Perhaps you can substitute (替代) your own words to make them more meaningful for you.

(575 words)

Mark each of the following statements with T (true) or F (false) based on your understanding of the passage.

- () 1. The author quotes from the small book he saw in the bookshop in this article.
- () 2. According to the author, happiness means being satisfied with what you are and what you do in life.
- () 3. We should only motivate ourselves to excel.
- () 4. All challenges and adventures should be accepted.
- () 5. The author doesn't want a change in his wording of the guidelines.



Famous Remarks

Happiness is not a bird and cannot alight on your shoulder by itself.

—Chinese Proverb

幸福不是鸟，不会自己降在你肩上。

——中国谚语

Achieving one's goal is happiness, and being satisfied is happiness, too.

—Lu Xun

如愿是幸福，满足也是幸福。

——鲁迅

Do you want to be a happy person? May that you could learn to stand hardship first.

—Turgenev

你想成为幸福的人吗？但愿你首先学会吃得起苦。

——屠格涅夫