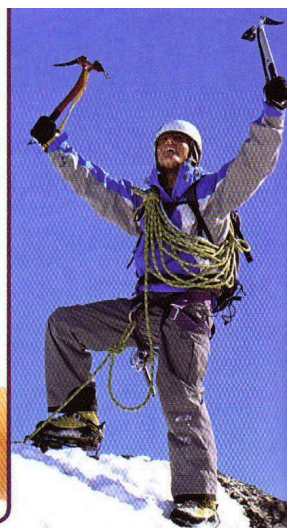
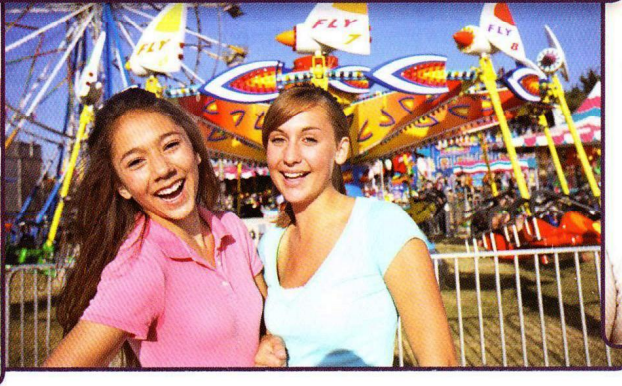


Defining happiness



1 What makes you happy? Explain the meaning of these quotes and say which comes closest to your own views.

- 'Happiness is not being pained in body or troubled in mind.'
- 'A person is never happy except at the price of some ignorance.'
- 'The happiness of your life depends upon the quality of your thoughts.'
- 'Happiness resides not in possessions, and not in gold – happiness dwells in the soul.'
- 'You're happiest while you're making the greatest contribution.'

Listening

2 Before listening, check your understanding of these words by putting them into three meaning groups.

bliss	contagious	elation	ephemeral
euphoria	fleeting	infectious	invasive
momentary	rapture	transient	virulent

3 **208** You will hear five short extracts in which different people are talking about the nature of happiness.

TASK ONE

For questions 1–5, choose from the list (A–H) which ingredient each speaker sees as contributing to happiness.

A intellectual stimulation	Speaker 1	<input type="text"/> 1
B domestic harmony	Speaker 2	<input type="text"/> 2
C spectacular surroundings	Speaker 3	<input type="text"/> 3
D financial security	Speaker 4	<input type="text"/> 4
E success at work	Speaker 5	<input type="text"/> 5
F physical fitness		
G close friendships		
H mental well-being		

TASK TWO

For questions 6–10, choose from the list (A–H) which happy memory each speaker mentions.

A enjoying a cosy environment	Speaker 1	<input type="text"/> 6
B feeling at one with nature	Speaker 2	<input type="text"/> 7
C making a contribution to society	Speaker 3	<input type="text"/> 8
D achieving a goal as a team	Speaker 4	<input type="text"/> 9
E discovering a secret place	Speaker 5	<input type="text"/> 10
F receiving a valuable gift		
G experiencing something new		
H winning a tournament		

Idiom spot

208 Listen again for the following idioms and expressions and explain their meaning.

- a be on cloud nine (Speaker 1)
- b through rose-tinted spectacles (Speaker 2)
- c beyond my wildest dreams (Speaker 2)
- d in my book (Speaker 3)
- e put yourself on the line (Speaker 4)
- f feel under the weather (Speaker 4)
- g tip the balance (Speaker 5)

Choose four of the expressions above to use of situations 1–4.

- 1 In a roomful of people, Jack was the only one to stand up and challenge the speaker.
- 2 Fiona chooses to remember only the good things about her teenage years.
- 3 I think children should show respect for their elders.
- 4 They were undecided whether to take the day off, but then they saw the sun was shining.

Vocabulary

Metaphor

Style extra

In the recording, one speaker talks about *infectious laughter*, using the adjective metaphorically. The *Cambridge English Corpus* shows that many words to do with illness and health are used in this way.

- 4 Form collocates from the adjectives (list A) and nouns / noun phrases (list B) below. There may be more than one possible match.

A	B
bruised	bank balance
contagious	criticism
fatal	dose of scepticism
feverish	egos
healthy	flaw in the argument
jaundiced	loser
sick	sense of humour
sore	state of activity
	turnout of voters

- 5 Here are some sets of verbs that are often used metaphorically. Give each set a heading to reflect meaning and add any similar verbs.

EXAMPLE: break out, erupt, hurt,
wound *medical/health*
similar verb: ache

- a bloom, flourish, mushroom, spring up
- b flow, ooze, ripple out, trickle
- c burn out, flare up, ignite, smoulder
- d blow up, break, rage, sweep
- e dazzle, light up, shine, sparkle
- f boil, bubble, simmer, stew

- 6 Make a noun phrase by combining an expression from list A at the top of the page with one from list B. Then use the phrase in your own sentence, continuing the theme with a suitable verb from 5.

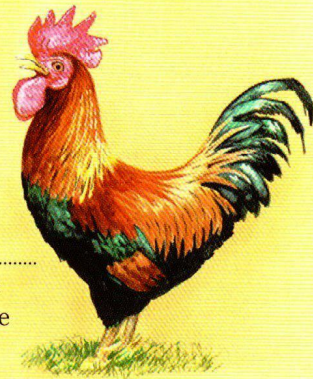
EXAMPLE: *A flash of wild inspiration sparked in her eyes.*

But a word of warning – don't mix your metaphors! For example, it would sound odd to talk about *a wave of sympathy igniting*, because waves are not associated with fire.

A	B
a crop of	critical reviews
an epidemic of	feverish activity
a flash of	minor complaints
a glut of	public sympathy
an outbreak of	pure joy
a plague of	scandalous stories
a storm of	spontaneous laughter
a surge of	unfair publicity
a wave of	violent protests
a whirlwind of	wild inspiration

- 7 In this extract from *My family and other animals*, the writer and naturalist Gerald Durrell recalls his idyllic childhood on the island of Corfu. For questions 1–8, read the text and decide which answer (A, B, C or D) best fits each gap.

Gradually the magic of the island settled over us as gently and clingingly as pollen. Those days were (1) , each with a tranquility, a timelessness, about it, so that you (2) it would never end. But then the dark skin of night would (3) and there would be a fresh day waiting for us, glossy and colourful as a child's transfer, and with the same (4) of unreality. In the morning, when I woke, the bedroom shutters were luminous and barred with gold from the rising sun. The (5) morning air was full of the scent of charcoal from the kitchen fire, full of eager cock-crows, the distant (6) of dogs, and the unsteady, melancholy (7) of the goat-bells as the flocks were driven out to pasture. We ate breakfast, a leisurely and silent (8) , out in the garden, under the small tangerine trees.



- 1 A compatible B idyllic C spotless D picturesque
- 2 A wanted B yearned C wished D aspired
- 3 A hang back B draw in C peel off D spring up
- 4 A stain B shield C fleck D tinge
- 5 A heady B strong C infectious D robust
- 6 A bleat B yap C screech D purr
- 7 A song B hum C tune D buzz
- 8 A contest B incident C episode D affair

- 8 Where in the text does Durrell use similes and metaphor?

Think of a particular moment when you were utterly content. Where were you? What was happening around you? Describe the scene and explain how you felt, making use of metaphor.

- 1 The following lists relating to happiness summarise the views of the Greek philosopher Epicurus. How far do they still hold true today, in your opinion? Would you add anything in each column?

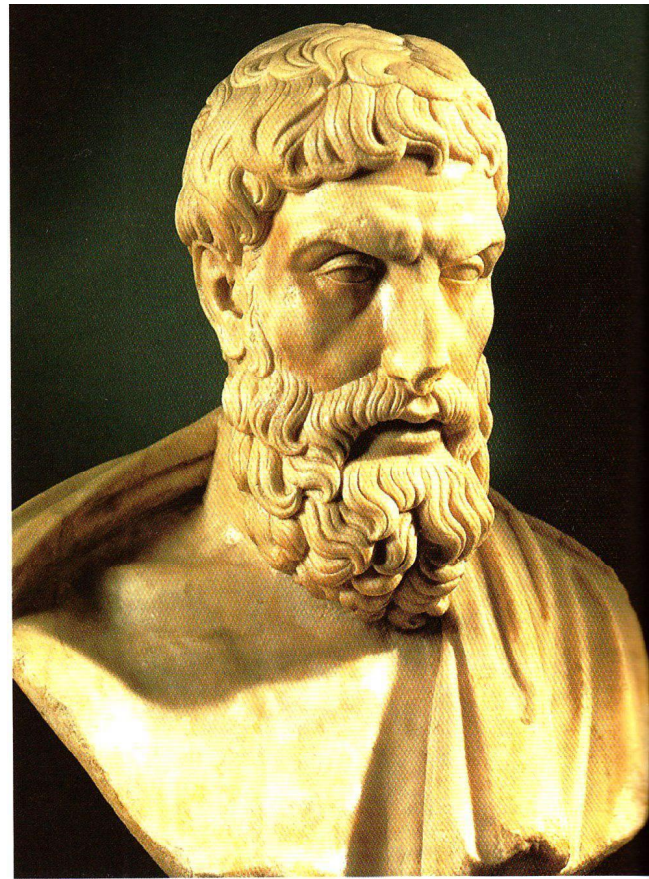
WHAT IS AND IS NOT ESSENTIAL FOR HAPPINESS		
Natural and necessary	Natural but unnecessary	Neither natural nor necessary
Friends	Grand house	Fame
Freedom	Private baths	Power
Thought	Banquets	
Food	Servants	
Shelter	Fish, meat	
Clothes		

- 2 Read this text about Epicurus. For questions 1–8, think of the word which best fits each space. Use only one word in each space.

Life of Epicurus

Epicurus, who was born on the verdant island of Samos, took early (0) **TO** philosophy. When only 14, he started travelling, to learn from the likes of the Platonist Pamphilus. Finding himself at (1) with much of this teaching, he decided to define his own philosophy of life. (2) immediately set this philosophy apart from other lines of thought was its emphasis on sensual pleasure. (3), if any, philosophers had ever made admissions of this kind and Epicurus shocked many, not (4) when he set up a school (5) very aim was to promote happiness. Nevertheless, despite outrage and criticism, his teachings attracted support and spread (6) afield, from Syria to Gaul. Even today, Epicurus's name lives (7) in many languages in adjectival form – in English, 'Epicurean' signifies being dedicated to the pursuit of pleasure.

In fact, Epicurus drank water rather than wine, and usually restricted his diet to bread, vegetables and a palmful of olives. (8) were the tastes of the man who, after rational analysis, had reached the striking conclusion that the essential ingredients of happiness were the most inexpensive, however elusive they might be.



- 3 Comment on the following statements, which illustrate various ways of making comparisons. You don't have to agree!
- I'm as happy now as I was at the age of 10.
 - I'd far rather spend time with close friends at home than be wined and dined at expensive restaurants.
 - I'd much sooner be a penniless student than a lonely millionaire.
 - Possessing wealth is nowhere near as important as being in good health.
 - Listening to recordings of live concerts is nothing like as exhilarating as taking part in an actual live event.
 - Watching a football match is not nearly as much fun as playing in one.
 - Going on holiday is by far the best remedy for a broken heart.
 - Relaxing by a warm fire is a good deal better than being out in a snowstorm.

G → page 186

- 4 Read sentences a and b. Then complete sentences c–h using similar comparative structures with your own ideas.
- a *The sooner the country clears its debts, the better things will be.*
- b *The later we hold the party, the more people will be able to come.*
- c The more possessions you own, the
- d The wider the gap between rich and poor, the
- e The, the less easy it will be to give them up.
- f The later, the worse
- g The higher, the harder
- h The more anxious, the

Vocabulary

Synonyms

- 5 The word *happy* has different meanings. Match the guidewords in capitals to sentences a–d. Then say which meaning the two dictionary entries for synonyms of *happy* are closest to.

PLEASED WILLING NOT WORRIED LUCKY

- a I'd be more than happy to help you get ready for the party.
- b Mum would be happier if I didn't have to travel alone overnight.
- c Meeting Mike at the concert like that was a happy accident.
- d People are generally at their happiest when the sun is shining.

fortunate /'fɔː.tʃən.ət/ (US) /'fɔːr-/ *adj* APPROVING lucky: [+ to infinitive] *You're very fortunate to have found such a lovely house.* ○ *He was fortunate in his choice of assistant.* ○ [+ that] *It was fortunate that they had left in plenty of time.* ➔ The opposite is **unfortunate**.

ecstatic /ɪk'stæt.ɪk, (US) /-ˈstæt-/ *adj* extremely happy: *The new president was greeted by an ecstatic crowd.*

- 6 List all the synonyms you know for *happy* and decide which meaning from 5 is closest in each case. Then write an example sentence for each synonym, using the comparative or superlative form where possible.

EXAMPLE: *exhilarated* PLEASED

The more exhilarated you feel, the less you want to sleep!

- 7 For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and eight words, including the word given.

- 1 Their mother was determined to visit Paris and nothing would stop her.

set

Their mother had Paris and nothing would stop her.

- 2 Graham took back his words on noticing there were fresh strawberries on the menu.

tune

Graham noticed fresh strawberries were on the menu.

- 3 We found it difficult not to laugh because the situation was so funny.

keep

We found it difficult to such a funny situation.

- 4 Jenny felt elated when she won the regional skating competition.

cloud

Jenny was place in the regional skating competition.

- 5 Reading a thriller is far more enjoyable if you don't know the ending.

nowhere

Reading a thriller is fun if you already know the ending.

- 6 Ralph needs to move out quickly in order to get on with his life.

sooner

The as to get on with his life.