

Contents

To the Teacher	v
To the Student	ix
About the Authors	xv

UNIT 1 Happiness 1

CHAPTER 1: Can We Be Happier?</
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UNIT 5 Technology	150
CHAPTER 17: Techno-Doping	151
<i>Reading: Sports Technology: Is It Unfair?</i>	152
CHAPTER 18: Connected or Disconnected?	159
<i>Reading: Will They Call Us “Generation Isolation”?</i>	160
CHAPTER 19: Evolution v 2.0: Shared Humanity	

Can We Be Happier?

Getting Started

Discuss the questions with your classmates.

there is a positive correlation between religious commitment and higher levels of perceived well-being and self-esteem.

- 5 **Grafting** modern research onto Confucian **philosophy**, we can go back to our original question and say that happiness is a very personal combination of genetics, actions, and beliefs. In the future, it may become a

standard practice for therapists to suggest **interventions** that **boost** happiness levels—including thanking people, writing letters to old friends, and hanging out with family. Who knew that learning to feel good could feel so good?

(593 words)

READING COMPREHENSION

Respond to the questions in writing. Base your responses on the reading and your own personal experiences.

1. What does Confucianism say is the source of happiness?
2. How much of our happiness may be the result of our genetic makeup?
3. How did Martin Seligman change the way the field of psychology thinks about human happiness?
4. The passage talks about **grafting** modern research onto Confucian **philosophy**. What does this mean?
5. When was the last time you used shopping to make yourself happy? Did it work?
6. Why do you think strong friendships play such an important role in our happiness?

Focusing on Vocabulary

WORD MEANING

B. Read each target word and the list below it. One word or phrase in each list is NOT a synonym for the target word. Cross it out. The first one has been done for you.

1. obscure

unclear vague ~~precise~~ difficult to understand

2. thrill

- A. The table contains word families for some of the target words in the reading. Complete the table. An **X** indicates that there is no form or that the form is not common. Sometimes more than one form

5. a. Flying south in the autumn is an **instinctive** behavior of birds.
b. Parents often _____ know when their children are lying

Read the common collocations in the column on the left. Give two examples of things associated with each collocation. The first one has been done for you.

	Example 1	Example 2
1. good deed	<u>shopping for neighbor</u>	<u>washing Dad's car</u>
2. inherit property	<u></u>	<u></u>
3. rare steak	<u></u>	<u></u>

Revisiting the Target Words

Now that you have completed this chapter, use the scale to describe your knowledge of the target words.

- 1** I still don't know anything about this word.
- 2** I am still not sure of the meaning of this word even after studying it.
- 3** I understand this word when I see it or hear it in a sentence, but I don't know how to use it in my own speaking and writing.
- 4** I know this word and can use it in my own speaking and writing.

well as success in school, social relationships, and careers.

- 7 If flow has such

- _____ 4. **ache** (3)
 - a. to feel a continuous but not very sharp pain in a part of your body

B. Read the target words in the box. Complete each sentence with the target word that matches the meaning of the words in parentheses. You may need to change the form of the word to fit the sentence. The first one has been done for you.

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WORD FAMILIES

Most of the target

B. Complete each sentence with the correct form of the word in parentheses. Use the word families table to help you. The first one has been done for you.

B. Now you try. Paraphrase the sentences. Use the target word in your paraphrase. You may need to change the form of the target word.

Revisiting the Target Words

Now that you have completed this chapter, use the

KNOWLEDGE CHECK 1

