



HYPNO**LANGUE**
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123. The pursuit of happiness

W: Hello young people! Today I'd like to get your impressions about an essential notion, I mean happiness. So, who'd like to start?

Sarah: me please!

W: ok, go ahead Sarah.

Sarah: to my mind, where you live, as much as how you live, is a key influence on the feel-good factor.

W: So as I understand it, happiness is also depending on external factors like comfort or living conditions?

Sarah: definitely. That's why we say that money can't buy happiness, and I do think that modern life's meaninglessness causes a lot of despair and shrinks have never been busier than today.

W: Right, I think I get it. But then do you mean that happiness depends on loving relationships, fulfilling work, reasonable health and strong ties to friends and family? Can't you be happy without all of these notions?

Sarah: Well I think you can if you always try to have a positive attitude, which is to see the glass as half full rather than as half empty. I think that those who have a happy-go-lucky attitude tend to live longer. The proof is that more and more people believe in living life to the full, for they say there'll be plenty of time to rest in the grave.

W: Sure. It's even said in the American Declaration of Independence, men have certain rights, "that among these are Life, Liberty, and the Pursuit of Happiness."



GLOSSARY:

The pursuit of happiness: la recherche du bonheur	Fulfilling work : un travail gratifiant
To live : vivre	Reasonable health : une santé raisonnable
To depend : dépendre	Strong ties : des liens solides
To buy : acheter	A positive attitude : une attitude positive
To cause : causer, provoquer	The glass : le verre
To mean : vouloir dire, signifier	A happy-go-lucky attitude : une attitude insouciant
To try : essayer	The proof : la preuve
To tend to : avoir tendance à	The grave : la tombe
To believe : croire	the American Declaration of Independence: la Déclaration d'indépendance des Etats Unis
Living life to the full : jouir pleinement de la vie	Certain rights : certains droits
To rest : se reposer	Life : la vie
Young people : jeunes gens	Liberty : la liberté
Impressions : les impressions	Essential : essentiel
A notion : une notion	Go ahead : vas-y, allez-y
A key influence : un rôle déterminant, une influence majeure	As much as : autant que, au même titre
The feel-good factor : le sentiment de bien-être	Busier : aussi occupé, autant occupé
Comfort : le confort	Half full : moitié plein
Living conditions : les conditions de vie	Rather than : plutôt que
External factor : un facteur extérieur	Half empty : moitié vide
Money : l'argent	More and more : de plus en plus
Modern life : la vie moderne	Plenty of time : plein de temps
Meaninglessness : l'absence de signification, de sens	Among these : parmi lesquels/lesquelles
Despair : le désespoir	
Shrinks : les psys	
Loving relationships : les relations amoureuses	