

Happiness



Vocabulary

define

measure

democratic

wealthy

make life worth living

suffer

magnetic resonance imaging (MRI)

activate

depression

human right

Enlightenment

bliss

Moldova

purchasing power

job security

Listening I: Introduction

1. What _____ _____ happy?
2. In what parts of the world _____ _____ happiest?
3. Why _____ _____ happiness?

Listening II: What's the gist?

Write down one or two words that identify the main point of each section in the talk.

Section 1:

Section 2:

Section 3:

Section 4:

Section 5:

Section 6:

Section 7:

Section 8:

Section 9:

Listening Skills: Identifying the gist

Look at the lead sentences for each of the sections. What kind of cues do speakers use to indicate what the main ideas are?

1. Section 1: The Greek philosopher Aristotle said that a person's highest happiness comes from the use of his or her intelligence.
2. Section 2: But how do you study something like happiness?
3. Section 3: Positive psychology is the new term for a method of scientific study that tries to examine the things that make life worth living instead of life's problems.
4. Section 4: There is also an increasing amount of medical research on the physical qualities of happiness.
5. Section 5: Happiness is an extremely popular subject for books.
6. Section 6: The journalist Eric Weiner recently wrote a book called "The Geography of Bliss."
7. Section 7: Dan Gilbert teaches psychology at Harvard University in Massachusetts.
8. Section 8: Why is studying happiness important?
9. Section 9: Many people have also written songs about happiness.

Listening III: Listening for details

1. What kind of information is in the World Database of Happiness?
2. What's an example of an unexpected finding?
3. What kind of people are using the database?

