

Unit 1: The Pursuit of Happiness

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- 4. Despite significant progress and economic growth over the past 50 years, happiness levels have remained relatively constant or declined. *(paragraph 6)*
- 5. The activities that promote happiness are those we have resorted to during the recession because we haven't had as much disposable income as usual, such as staying at home for game or movie nights with family and friends. *(paragraph 10)*
- 6. Second, savoring the experience in the moment and reminiscing about it afterward are both associated with increased happiness. *(paragraph 14)*

EXERCISE 3

Write paraphrases of these three ideas from "Does Money Buy Greater Happiness?" on the lines below.

- 1. The problem is that we tend to overestimate both the happiness associated with good things and the negative feelings associated with bad things.

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- 2. While it's true that people get a surge of happiness when they make a big purchase or experience a change in life circumstances, they soon generally return to their original state of happiness.

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- 3. As demonstrated by the "progress paradox," despite significant progress and economic growth over the past 50 years, happiness levels have remained relatively constant or declined.

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