

## Unit 2 Positive Thinking and Happier Living



1 During the spring \_\_\_\_\_ of 2006, Harvard University's Sanders Theatre \_\_\_\_\_ with students every Tuesday and Thursday. More than eight hundred Harvard students with different \_\_\_\_\_ had enrolled in Tal Ben-Shahar's class called "\_\_\_\_\_ Psychology" to explore the secrets of finding \_\_\_\_\_. This course became the most \_\_\_\_\_ one on campus, and Ben-Shahar later went on to write several best-selling books to teach \_\_\_\_\_ people about happiness. Obviously, how to get happy is a matter of \_\_\_\_\_ to many people around the world.

2006 學年的春季班，哈佛大學的桑德絲劇場每逢星期二、四都擠滿了學生。超過 800 多名來自不同科系的學生選修了 Tal Ben-Shahar 教授所開設的「正向心理學」課程，探究追尋快樂的奧秘。這一門課成了校園內最熱門的課程，而 Ben-Shahar 教授之後更出版了數本教導一般人達到快樂的暢銷書。顯然，如何開心過生活是全球許多人所關心的事。

1 More than ... had enrolled in ... class called "Positive Psychology" to explore the secrets of finding happiness.

- ① 此處為由形容詞子句簡化而來的分詞片語，修飾前方的先行詞 Tal Ben-Shahar's class，原句應為... class which/that was called "Positive Psychology"。
- ② to 在此引導表示「目的」之不定詞片語，意同 in order to、so as to，亦可以介系詞片語 for the purpose of 改寫，即... for the purpose of exploring ...。
- ③ **secret** *n.* [C] 秘訣，訣竅

2 ... Ben-Shahar later went on to write several best-selling books to teach ordinary people about happiness.

- ① **best-selling books** 暢銷書 (= best-sellers)
- ② **ordinary people** 意為「一般人」，也可說 common people。

3 Obviously, how to get happy is a matter of concern to many people around the world.

- ① 疑問詞加上不定詞可形成由名詞子句簡化而來的名詞片語，此名詞片語可作句中主詞、受詞或補語，例：
  - ◇ **Where to open a new branch** is the question that the managers are discussing. (作主詞)
  - ◇ Mia hasn't known **what to do next**. (作受詞)
  - ◇ The problem that bothered me was **how to get there**. (作補語)
- ② **a matter of concern** 指「一件令人關心或有興趣的事物」，concern 字意為「對某人來說是重要且感興趣的事物」，例：
  - ◇ Profit sharing is a matter of concern for employees in this company.

2 Indeed, more and more people are finding themselves imprisoned in the dizzy pace of life in this \_\_\_\_\_ competitive world. Students may live with constant \_\_\_\_\_ from their parents to live \_\_\_\_\_ to high academic standards. As for adults, many find it \_\_\_\_\_ to obtain a fulfilling career, and they often have a \_\_\_\_\_ time striking a \_\_\_\_\_ between their work and personal lives. There is little doubt that happiness has become a \_\_\_\_\_ issue for people of all ages in different phases of their lives.

的確，愈來愈多人發現在這個競爭性愈發激烈的世界中，他們被束縛在令人頭暈目眩的步調生活中。學生們可能要忍受來自父母不斷的壓力，以符合高學業標準。至於成年人，很多人發覺要找到使人有成就感的工作是項挑戰，他們也無法輕易地在工作與私人生活中取得平衡。無疑地，對各年齡層、處於人生不同階段的人們而言，快樂已經成為急迫的議題。

4 Indeed, ... finding themselves imprisoned in the dizzy pace ...

- ① 此處為 find + O + OC 之用法，此處的受詞補語為過去分詞，修飾受詞，意為「被囚禁」。

5 As for adults, many find it challenging to obtain a fulfilling career ... have a hard time striking ...

- ① **as for sb/sth** 至於...
- ② **find + O + OC** 發現...
  - it 在此作虛受詞，真正的受詞為後方的不定詞片語 to obtain a fulfilling career。
  - ◇ I found it boring to listen to Mr. Wang's long-winded speech.
- ③ → a satisfying/rewarding/worthwhile career
- ④ **have a hard time/difficulty/problems + V-ing** 做某事有困難
  - ◇ The student had problems/difficulty finishing his homework on his own.

6 There is little doubt that happiness has become a burning issue ...

- Without (a) doubt./Beyond (any) doubt./Undoubtedly./There is no doubt that happiness has become an urgent issue ...
- ① **a burning issue/question** 急迫、要緊的議題
    - ◇ The rocketing crime rate has become a burning issue in this city.



3 According to Ben-Shahar, we can't attain the state of happiness \_\_\_\_\_ we examine the following three questions: What do we find most \_\_\_\_\_? What \_\_\_\_\_ us with the greatest pleasure? Finally, what are we \_\_\_\_\_ at? To help us find happiness, Ben-Shahar offers six tips:

Ben-Shahar 教授表示，除非我們考慮下列三個問題，否則我們無法達到快樂的狀態：我們覺得最有意義的是什麼？什麼給了我們最大的樂趣？最後，我們擅長什麼？為了幫助我們找到快樂，Ben-Shahar 提供六項秘訣：

7 **provide sb with sth/sth for sb** 提供某人某事物 (= offer sb sth/sth to sb)

◇ The hotel provides their guests with high-speed Internet connection/high-speed Internet connection for their guests.

8 **be good at + N/V-ing** 擅長(做)某事

◇ Michael is good at playing basketball. He always makes good shots.

4 Simplify!

Get your \_\_\_\_\_ right and keep your schedule simple. Don't \_\_\_\_\_ a large number of activities into a limited amount of time. Quantity influences \_\_\_\_\_. We may end up compromising our happiness if we try to finish everything on our to-do \_\_\_\_\_. Worse yet, we sometimes pay the \_\_\_\_\_ for doing so by sacrificing our \_\_\_\_\_ with our family and friends.

簡化！

先處理最重要的事，並簡化你的行程。別把太多活動塞到有限的時間內。量多會影響品質，而我們最後會因試著完成待辦清單上的所有事情而失去快樂。更糟的是，我們有時會因為如此而付出犧牲親友關係的代價。

9 **Don't squeeze a large number of activities into a limited amount of time.**

① **squeeze (sth) into** 擠進

◇ Even the bus is already full, a few passengers still want to squeeze into it.

10 **We may end up . . .**

① **end up + V-ing** (指事情經過一個過程後)達到某種狀態

◇ The manager refused to admit his mistakes, but he ended up apologizing.

11 **Worse yet, we sometimes pay the price for doing so by sacrificing . . .**

① **worse yet** 更糟的是 (↔ better yet)

② **doing so** 指的是前一句提到的 trying to finish everything on our to-do lists。

5 Happiness is mostly dependent on our state of \_\_\_\_\_.

Ben-Shahar states that our happiness stems \_\_\_\_\_ both positive and negative experiences. Suppose a man loses his job. What can he do? He can \_\_\_\_\_ it as a catastrophe, or he can think positively and take it as an \_\_\_\_\_ to get a better job.

快樂大多取決於我們的心態。

Ben-Shahar 教授表示，快樂來自正面或反面的經驗。假設一個人失業了。他該怎麼辦？他可以把這件事視作無比的災難，或者他可以正向地思考，將這件事視為一個能得到更好工作的機會。

12 **state of mind** 心態 (= attitude of mind)

◇ Lucas was in a confused state of mind since he couldn't decide which college to apply for.

13 **He can view it as a catastrophe . . . take it as an opportunity to get a better job.**

① **view A as B** 視A為B

② **take A as B** 將A認為是B ◇ The shop owner took the decreasing sales as a warning.

③ 不定詞片語 to get a better job 在此作形容詞，修飾前面的 an opportunity。

6 Give ourselves \_\_\_\_\_ to be human.

We won't feel happy unless we \_\_\_\_\_ all of our emotions, including negative ones. For \_\_\_\_\_, for students who get low grades at school, they are justified in feeling \_\_\_\_\_. We don't have to repress how we feel all the time because \_\_\_\_\_ our emotions may lead to \_\_\_\_\_ and unhappiness.

允許我們自己更有人性。

除非我們接受自己所有的情緒——包括負面情緒，否則我們不會感到快樂。例如，對在校成績不好的學生來說，他們有理由可以感到沮喪。我們不需要一直壓抑情緒，因為拒絕接受自己的情緒會導致挫折與不快樂。

14 **human adj.** 有人性的、有人味的

15 **. . . unless we accept . . . , including negative ones.**

① → the negative ones included. / inclusive of the negative ones.

② 代名詞ones在此指稱前方提及的複數名詞emotions。

16 **We don't have to repress how we feel all the time . . .**

① 此處為 how 引導名詞子句作為動詞 repress 的受詞的用法。

② **all the time 1)** 一直，始終 (= the whole time) **2)** 經常 (= the whole time)

1) ◇ Whenever I run into Caroline, she is doing sudokus (數獨) all the time.

2) ◇ I finish my breakfast at home all the time. I seldom go to school on an empty stomach.

7 Express \_\_\_\_\_, whenever we can.

Don't take what we have for \_\_\_\_\_. Learn to \_\_\_\_\_ and cherish the wonderful things in life—even just a smile from a stranger. It is also recommended that we keep a gratitude \_\_\_\_\_, writing down at least five things that we are grateful for each night before going to bed.

無論何時我們都要表達感謝。

別把我們擁有的一切視為理所當然。學著去感謝並關愛生命中美好的事物——即便只是陌生人的一抹微笑。也建議我們應該寫感恩日誌，每晚睡覺前，寫下至少五件我們所感恩的事。

17 此處為副詞子句，後方省略 express gratitude，原句為 whenever we can express gratitude. 也可寫為 no matter when we can express gratitude.

18 be grateful for sth 感激某事物 (= be thankful for sth)

◇ The earthquake victims were grateful for the donations from all over the world.

8 Remember the mind-body \_\_\_\_\_.

What we do—or don't do—with our bodies has an \_\_\_\_\_ on our minds. Thus, we should exercise \_\_\_\_\_, get \_\_\_\_\_ sleep, and eat a balanced diet to make sure that we are both physically and \_\_\_\_\_ healthy.

切記身心的關聯。

我們對我們的身體做什麼，或不做什麼，都會對我們的心智造成影響。因此，我們該規律地運動，要有充足的睡眠，並均衡飲食以確保我們身心健康。

19 What we do—or don't do—with our bodies has an impact on our minds.

① 此為Wh-疑問詞所引導的名詞子句。

② A have an impact on B A對B有影響

◇ Many scientists believe that human activity has an impact on the weather condition.

20 Thus, we should exercise regularly, get adequate sleep, and eat a balanced diet to make sure that we are . . .

① regularly 規律地 (= on a regular basis, routinely)

◇ Whether you have dental problems or not, you should still go to the dentist regularly.

② adequate 足夠的 (= enough, sufficient)

③ make sure 確認，確保(= ensure)

◇ While riding a bicycle, you should wear a helmet to make sure that your head is protected.

9 Happiness lies at the intersection of \_\_\_\_\_ and meaning.

Engaging in activities that are personally \_\_\_\_\_ and enjoyable can bring a lot of pleasure. For example, those who like to travel and \_\_\_\_\_ people with stories might try working as a tour \_\_\_\_\_. They may find this job interesting, and more importantly, they may find that they are \_\_\_\_\_ and professional at work.

幸福存在於同時具有樂趣及意義的活動。

從事對自己有意義以及樂趣的活動能帶來很多的快樂。例如，喜歡旅行也喜歡說故事娛樂大家的人，可以試試看當一名導遊。他們也許會發現這份工作很有趣，而且更重要的是，他們可能會發現他們在工作上具有自信且表現專業。

21 Happiness lies at the intersection of . . .

① lie vi. (lie | lay | lain | lying)存在於 (= exist)

◇ The challenge lies in the fact that it requires knowledge from different fields.

② intersection n. [C] 1) 相交 2) 交叉路口

22 Engaging in activities that are personally significant and enjoyable can bring a lot of pleasure.

① engage in 參與，參加 (= take part in, participate in, get involved in, involve oneself in)

23 . . . entertain people with stories might try working as a tour guide.

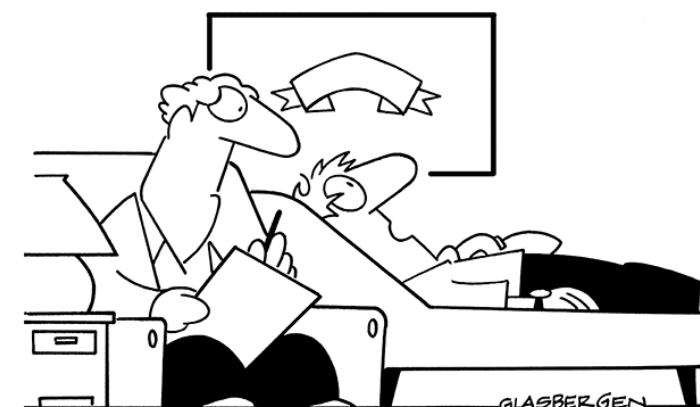
① entertain sb with sth 用某事物娛樂某人

◇ Kelly likes to entertain her kids with fairytales from different cultures.

24 at work 在工作的時候

◇ The manager likes to listen to some soft music when she is at work. She thinks that helps her relieve pressure from work.

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"Money can't buy happiness, but if I had a big house, fancy car and a giant plasma TV, I wouldn't mind being unhappy."

**10** Ben-Shahar's advice shows us that positive thinking is the \_\_\_\_\_ to happiness. In fact, happiness can be something \_\_\_\_\_, such as the sheer ecstasy of winning a big sports competition, or something small, \_\_\_\_\_ as the joy from having hot drinks on a cold day. What's more, in our \_\_\_\_\_ for happiness, we need to stop coveting what others have and \_\_\_\_\_ on what we ourselves can derive pleasure \_\_\_\_\_. One thing is clear—finding happiness can be a joyful lifetime \_\_\_\_\_.

Ben-Shahar 教授的忠告告訴我們正面思考是快樂的關鍵。事實上，快樂可以是件大事，如贏得大型運動賽事當下完全的喜悅；也可能是微不足道的小事，如在寒冷的天氣喝上一杯暖呼呼的飲品的喜悅。不只如此，在我們追尋快樂之時，我們不要去冀求別人擁有的東西，要專注於單靠我們自身就能從中得到樂趣的事。有一件事是確定的——尋求快樂可以是一項愉悅的終生追尋。

**25** 在英文中，介系詞to常用來表示「對應」的關係，例：

◇ the key to the door 門的鑰匙

◇ the answer to the question 問題的答案

**26** What's more, in our search for happiness, ... focus on ...

→ In addition/Moreover, when we look for happiness, we should focus on what we have rather than what others have.

① **search** *n.* [C] 尋找 ◇ The police launched a search for the missing boy.

② **focus on** + N/V-ing 專心於... (= concentrate on + N/V-ing)

◇ Cindy went to the library to focus on her studies so that she wouldn't be disturbed by her brothers.

## HAPPINESS IS



...when you're trying to tell something funny but can't stop laughing because you keep thinking about what you're about to say.