

Happiness Guidebook

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The Importance of Being Happy

"All happiness depends on courage and work. I have had many periods of wretchedness, but with energy and above all with illusions, I pulled through them all." Honore de Balzac (1799—1850). French journalist and writer

"A man should always consider how much he has more than he wants; and secondly, how much more unhappy he might be than he really is." Joseph Addison (1672—1719) English essayist, poet, and dramatist.

"The grand essentials to happiness in this life are something to do, something to love, and something to hope for." Joseph Addison (1672—1719) English essayist, poet, and dramatist.

"Happiness is not the end of life; character is." Henry Ward Beecher (1813—1887). American Congregational minister.

"People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost." H. Jackson Brown, Jr. (b. 1940). American author.

"Thousands of candles can be lighted from a single candle, and the life of the single candle will not be shortened. Happiness never decreases by being shared." Buddha [Gautama] (c. 6th—4th century B.C.). Founder of Buddhism.

"Those who can laugh without cause have either found the true meaning of happiness or have gone stark raving mad." Norm Papernick

"It's pretty hard to tell what does bring happiness. Poverty and wealth have both failed." Frank McKinney "Kin" Hubbard (1868 - 1930). American cartoonist, humorist, and journalist.

"Happiness in intelligent people is the rarest thing I know." Ernest Hemingway (1899 –1961) .American author and journalist.

"For every minute you are angry, you lose sixty seconds of happiness." Author Unknown.

Webster's Unabridged Dictionary:

Happiness

- Good luck; good fortune: prosperity.
- An agreeable feeling or condition of the soul arising from good fortune or propitious happening of any kind: the possession of those circumstances or that state of being which is attended with enjoyment; the state of being happy: contentment: joyful satisfaction; felicity: blessedness.

Wikipedia (Eng):

Happiness is a mental state of well-being characterized by positive or pleasant emotion ranging from contentment to intense joy. A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources.

Various research groups, including Positive psychology, endeavor to apply the scientific method to answer questions about what "happiness" is, and how we might attain it.

Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion. Happiness in this older sense was used to translate the Greek Eudaimonia, and is still used in virtue ethics.

Happiness economics suggests that measures of public happiness should be used to: Supplement more traditional economic measures when evaluating the success of public policy.

Synonyms:

beatitude, blessedness, bliss, cheer, cheerfulness, cheeriness, content, contentment, delectation, delight, delirium, ecstasy, elation, enchantment, enjoyment, euphoria, exhilaration, exuberance, felicity, gaiety, geniality, gladness, glee, good cheer, good humor, good spirits, hilarity, hopefulness, joviality, joy, jubilation, laughter, lightheartedness, merriment, mirth, optimism, paradise, peace of mind, playfulness, pleasure, prosperity, rejoicing, sanctity, seventh heaven, vivacity, well-being.

Толковый Словарь Ушакова:

Счастье

- Состояние довольства, благополучия, радости от полноты жизни, от удовлетворения жизнью.
- Успех, удача (преим. случайная). «Солнце не вечно сияет, счастье не вечно вечет.» Некрасов. «Не было бы счастья, да несчастье помогло.» погов. У него нет счастья в игре.
- Участь, доля, судьба (прост., обл.), «Всякому свое счастье.» (посл.) «Такое наше счастье, что на мосту с чашкой.» погов.

Википедия (Рус):

Счастье - психологическое состояние человека, при котором он испытывает внутреннюю удовлетворенность условиями своего бытия, полноту и осмысленность жизни, а также осуществление своего назначения.

Синонимы:

благополучие, благоденствие, благодать, блаженство, победа, удача, успех, случай; ему посчастливилось, везет; красные дни; под случай попасть, разлюли-малина, судьба, благополучие; удачливость, доля, нахес. счастливый конец, фарт, участь, предназначение, благосостояние, синяя птица, пруха, наслаждение, состояние.талам фортуна, счастьеце, везение.

Compare the definitions of the word "happiness" and find out which aspects of happiness are most important in the English and Russian speaking countries?

Before reading

- Interview some of your friends (relatives, family, teachers, etc) to find out what they consider the most important component of a happy life.
- Work in a small group to compare the findings. Make a list of personal requirements for happiness in your native culture. Present it to the other groups.

What is Happiness?

BY CATHERINE HOUCK

Until recently, matters concerning happiness, like those concerning the soul, have been left to philosophers and clergymen. Medicine has been more fascinated with what's wrong with the human psyche than with what's right, and happiness that most desired, subtle, and elusive of all human mood has been neglected. But no more - the last decade or two has seen a vigorous proliferation of surveys, studies, and press interviews on the subject. Here's a look at what today's men of science have to say about what the Bible calls that blessed state.

Philosophers still debate the definition of happiness, but scientists, who've dubbed it life satisfaction, generally agree on a definition: A state of well-being, filled with positive feelings toward oneself and the world. Philosophers and researchers alike agree on the importance of their subject. "For most people, happiness is the major goal in life," says Jonathan Freedman, who surveyed one hundred thousand people for his book *Happy People*. "Almost every decision we make is based on what we think will bring us the most happiness. Everything important to us - love, faith, success, friendship, sex - is actually a means to the end of achieving happiness"

No scientist has been able to produce succinct directions on how to be happy. After thirty years of research and fifty-seven major surveys, however, researchers have identified life circumstances that seem most correlated with happiness. According to them, happiness is...

Marriage. Although nearly half of first marriages end in divorce, and 60 percent of second marriages, married people report higher levels of happiness than singles. "Statistically, a happy marriage has been the most important contributor to well-being," says Tom W. Smith, senior study director of the University of Chicago's National Opinion Research Center (NORC). However, a NORC study, published in *Journal of Marriage and the Family*, concludes that marriage in the U.S. is a "weakened and declining institution" because women are dissatisfied. The NORC study and others, including one by Yale psychologist Robert Sternberg, find men happier than women about all aspects of marriage probably because, surmises *Time* magazine, "having a husband means an increased work load rather than the traditional trade-off of homemaking for financial support." Shere Hite's new study, *Women and Love*, finds 98 percent of the forty-five hundred women she interviewed saying they want to make "basic changes" in their love relationships. Single women, conversely, report more life satisfaction than do single men, who have much higher alcoholism and suicide rates.

Meaningful activity. Some researchers don't agree that marriage is the most reliable predictor of happiness, and would give first place to the amount of time a person spends doing things she finds satisfying and enjoyable "activity that allows a person to express most fully who she considers herself to be," says Rutgers University research psychologist Daniel Ogilvie. A young mother, for example, might find looking after her child the most meaningful; for others, work may be the most interesting.

Being older. The University of Michigan's Institute for Social Research, which has surveyed thousands of Americans on personal satisfaction, finds older people happier than the under thirty group. According to the institute's late Angus Campbell, young adults are more likely to describe their lives as hard, to feel trapped, and to worry about finances, work, marriage, and friendships.

In the past, inexperienced young adults, when faced with crucial life decisions, tended to accept the judgment of parents and other authority figures. "Today, young people are more independent but they pay with increased stress and tension," said Campbell. People over forty-five years old, on the other hand, have the comforting benefit of their own experience to guide them in making important decisions, and they enjoy more self-confidence. They're also likelier to be more realistic in their expectations.

An upbeat attitude. “Two men looked out through prison bars; one saw mud, the other stars.” “Happiness isn’t having what you want, it’s wanting what you have.” “When one door of happiness closes, another opens; but often we look so long at the closed door that we don’t see the one that has been opened for us.” Such maxims illustrate a quality many researchers now recognize as vital for happiness: the ability to make the most of things and not dwell on worries and setbacks. Psychology researchers, such as Aaron T. Beck, director of the University of Pennsylvania’s Center for Cognitive Therapy, have successfully demonstrated that many people are unhappy simply from habitually taking a negative view of reality and becoming enmeshed in patterns of helpless and hopeless thinking. Happy people, it appears, are always more likely to see the glass as half-full rather than half-empty!

The ability to use time successfully. Organization is an important component of well-being, says Michael Argyle in *The Psychology of Happiness*. “For happy people, time tends to be organized and planned; they are punctual and efficient. For unhappy people, time is filled with postponements and inefficiency.” Equally important for happiness is a sense of being in control of one’s life rather than one of being controlled by other people, luck, or fate.

Health. Researchers have found that illness that causes incapacity or pain destroys well-being. Good health, on the other hand, doesn’t automatically produce happiness. In his survey, Jonathan Freedman found that most healthy people simply take their health for granted. “They ignore it unless or until it is absent,” he says.

The Happiness Chemical

The ability to be happy, anthropologists believe, is vital for survival: Without feelings of pleasure and well-being, life wouldn’t be worth living and humanity would have no motivation to reproduce. Until recently, no one knew what physical process must take place within the body to produce the sensation called happiness. But now, NIMH neuroscientists have actually located pleasure centers and pathways in the brain region known as the hypothalamus, and have found these centers to be activated largely by endorphins, the common idea that happiness comes from doing one’s duty may, it seems, have a biological foundation: the hypothalamus seems to release its pleasure-producing endorphins mostly to reward behavior that’s conducive to survival!! To make sure we reproduce, for example, our bodies generously bestow endorphins when we make love; ditto eating, finishing a work project, exercising.

A gift for happiness? Some people’s bodies seem to have a more efficient endorphin-producing mechanism than the others—which may explain those fortunate souls apparently born happy. We’ve all noticed that with some people no amount of adversity can dim their good cheer; whereas with others, the loveliest good luck is met with complaints and gloom! “Those who release more endorphins may be happier about any given situation in their lives than those with fewer endorphins,” says Yale biochemist Philip B. Applewhite, author of *Molecular Gods*. “Happiness, then, is real and has a molecular basis.”

Addictions. The happiness instinct gone awry. If people with a greater ability to secrete endorphins experience more happiness from the same stimulus—be it love, work, or living well than do people with fewer endorphins, how do the disadvantaged attempt to make up for this deficiency? All indications are that some people born with lower levels of endorphins resort to drugs, overeating, drinking, and other addictions as a desperate attempt to compensate for their lack of pleasure,” says Michael Hutchison, author of *Megabrain*. Heroin addicts, he points out, have been found to have lower levels of endorphins, as well as fewer receptor sites (places in the brain where the endorphins produce their pleasure-causing effects).

In other words, those low in “natural pleasure” eventually learn that they can increase their feelings of happiness and well-being by ingesting a substance—such as alcohol—that artificially stimulates the brain to pour out large quantities of endorphins, or they can engage heavily in behavior that releases endorphins. Habitual overeaters, for example, need a “fix” every few hours as their body’s pleasure chemicals get depleted.

The NIMH’s Biological-psychiatry branch is now investigating the relationship between mental states and brain chemicals. Eventually, scientists hope to learn the most effective ways of dealing with brain-chemical unbalances that lead to addiction and other problems. For the moment, they’re experimenting largely with the uses of synthetic drugs, but few researchers believe synthetic chemicals will be the final answer. “Drugs, which assault the whole brain at once, will never be as subtle as our own natural neurochemicals, which can be released just in one spot and not another,” says neurochemist Candace Pert, a leading NIMH researcher on endorphins.

Can Money Buy Happiness?

A large number of people are convinced that lots of cash would make them happier. This notion isn't farfetched, researchers have found. "Money matters little to happiness if you have even a moderate amount; but if you don't have enough to live on, it matters a great deal," says Freeman in *Happy People*.

Remarking on his poll studying the finances of ten thousand people in seventy countries, statistician George Gallup wrote, "It was hoped that somewhere we'd find a country whose people are poor but happy. We found no such place." Gallup told a Senate committee that "nearly half the world's people are engaged in a struggle for mere survival. Only in the West can inhabitants engage in a pursuit of happiness."

Once people have enough money to live with dignity whether they're rich or poor matters only slightly to happiness. One study of twenty-two big-time lottery winners found no difference between their degree of happiness and that of ordinary people. A British study of 191 pool winners found that 70 percent were lonelier as a result of giving up work and changing neighborhoods.

Being rich is no guarantee of happiness, but prospering through one's own efforts does bestow a great deal of satisfaction. "Starting out at \$12,000 and getting raised to \$25,000, or taking a business from red to black is significantly related to happiness," says Tom Smith.

Besides making money, how money is handled seems to be a factor in happiness. New York psychologist Annette Liebermann, who studied the financial attitudes and behavior of 125 women for her book *Unbalanced Accounts: Why Women Are Still Afraid of Money*, found that the nature of a woman's relationship with her money significantly adds to, or detracts from, her well-being. Effectively using money, the study revealed, bestows a sense of control over life, more self-esteem, freedom, and security. Unfortunately, beyond pleasant thoughts and plans about how to spend it, the majority of women had not learned - or even thought much about - their money. The most common ways of psychologically mishandling funds proved to be the following:

Money blindness. Thinking about finances makes some so anxious that they can seldom bring themselves to balance checkbooks, plow through financial statements, or even take an interest in discussing money. They don't keep close watch on money they spend. If their money has been invested and they don't understand the investment, they don't consult outside sources to obtain this vital information.

Money denial. Women often unconsciously regard the need to be self-supporting as a temporary one and entertain fantasies that a man will come to the rescue. Though 55 percent of the women answered no when asked, "Do you like the idea of being supported by someone else?" a great many of these same women live as though they do expect someone else to be responsible for them! They spend every penny they earn, give little thought to serious careers, and generally find that the need to make money gets in the way of life.

Money folly. Women unable to make rational or informed decisions about how to use money blow their paychecks as quickly as possible, attempting to soothe emotional problems by excessive spending. They regard budgets and saving as punishments instead of useful techniques for taking charge of their financial lives; and they blithely sacrifice future security in exchange for immediate gratification.

The Tyranny of Happiness

"Happiness is like perfume," goes an old saw. "If you wear it, you share it with everyone around you." A nice thought, but not always true: Too much happiness in the air can make those of us bogged down in everyday humdrum feel bad, because we think that everybody else is happier than we are.

Many people believe they should be happier. Friends burble about their delightful lives. Movies, TV (especially commercials), and magazines (such as *People*) not only blitz us with images of the luxuries we're missing but also with the triumphs, romance, and splendid jobs available (to everyone but us). On top of a boring job, financial problems, or whatever, we feel a sense of desperation because life is so short and happiness so near and yet so far.

Anyone who is continually miserable, who can't find any reliable source of satisfaction, or who honestly sees no good reason for living, is being cheated (or cheating herself) and needs help. The vague sense of deprivation felt by most of us, however, is probably misplaced. To expect to be happy all the time is as foolish as passively accepting constant unhappiness. As the English novelist Thomas Hardy wrote, There are no happy lives, only happy moments.

According to Michigan's Institute for Social Research, about 30 percent of Americans now say they're very happy (down from 35 percent in the fifties). Even these lucky spirits don't seem to mean that their well-being is

constant. After studying the lives of his six hundred men, George Vaillant wrote, "I think I expected to find people who were in no trouble at all. I didn't know people like that, but always assumed that around the corner somewhere were people whose lives were like the quarterbacks in high school whom the girls always wanted. But there was nobody whose life wasn't at times filled with enough pain to send him to a psychiatrist. Life is difficult for everyone.

The late Carl R. Rogers, considered the founder of humanistic psychology, has said that such adjectives as happy, contented, and blissful don't describe the process he would call the good life, 'even though a person would certainly experience these feelings at times. Rewarding, challenging, meaningful, Rogers felt, better described the stretching and growing called for in fully experiencing life.

An important component of true well-being includes recognizing the inevitability of some unhappiness. "I tell my patients there is pain in being single, in being married, and in being alive" says Roberta Temes, assistant professor of psychiatry at New York's Downstate Medical School. Adds New York psychologist Emery Stein, "Anyone who is constantly happy is probably out of touch with reality." One way to deal with everyone else's success, love and privileged life (compared with your dreariness and failures) is to keep in mind that this impression of dazzling happiness is an illusion! If you can't make yourself believe that, go to a meeting of any twelve-step program—AL-ANON, AA, Overeaters Anonymous—and listen to the stories members share. Some of the most attractive and serene-looking members will turn out to have the most heartrending lives, some will be in states of such misery that you'll be shamed by your self-pity. Others will have suffered but triumphed, and will persuade listeners that problems are solvable.

Discord and happiness are both part of life. Modern research shows that though the pursuit of happiness is chancy, no one is ever eliminated from the game. Says Freedman, "One of the clearest findings from our study is that no matter how unhappy you are now or were in the past, you can still find happiness in the future."

Tasks

- Summarize the major research findings for each of subsections of the article
- What is happiness?
- The happiness chemical
- Can money buy happiness?
- The tyranny of happiness
- Describe a moment or time in your life when you felt great happiness. Try to analyze this in terms of the article's findings on the subject. Does your personal experience support or contradict any of the author's findings? Explain.
- Decent research suggests that some of us born with more happiness chemical than others. Describe your personality and temperament in relation to this substance
- A significant number of western people consult psychotherapists in order to make their lives happier. In your opinion, is this a useful practice? Why or why not? You may want to discuss alternatives used in your culture for improving life quality.

When All You've Ever Wanted Wasn't Enough

BY HAROLD KOSHNER

Ask the average person which is more important to him, making money or being devoted to his family, and virtually everyone will answer **family** without hesitation. But watch how the average person actually lives out his life. See where he really invests his time and energy, and what he says he believes. He has let himself be persuaded that if he leaves for work earlier in the morning and comes home more tired at night, he is proving how devoted he is to his family by expending himself to provide them with all the things they have seen advertised.

Ask the average person what he wants out of life, and he will probably reply, "All I want to be is happy." And I believe him. I believe that he works hard at making himself happy. He buys books, attends classes, changes his lifestyle, in an ongoing effort to find that elusive quality, happiness. But in spite of all that, I suspect that most people most of the time do not feel happy.

Why should that sense of happiness be so elusive, eluding both those people who get what they want in life and those who don't? Why should people with so many reasons to be happy feel so acutely that something is

missing from their lives? Are we asking too much of life when we say, “All I want is to be happy”? Is happiness, like eternal youth or perpetual motion, a goal that we are not meant to reach, no matter how hard we work for it? Or is it possible for us to be happy, but we are going about it in the wrong way?

Oscar Wilde once wrote, “In this world there are only two tragedies. One is not getting what one wants, and the other is getting it.” He was trying to warn us that no matter how hard we work at being successful, success won’t satisfy us. By the time we get there, having sacrificed so much on the altar of being successful, we will realize that success was not what we wanted. People who have money and power know something that you and I do not know and might not believe even when we are told. Money and power do not satisfy that unnameable hunger in the soul. Even the rich and powerful find themselves yearning for something more. We read about the family problems of the rich and famous, we see their fictionalized conflicts on television, but we never get the message. We keep thinking that if we had what they have, we would be happy.

America’s Declaration of Independence guarantees every one of us the right to the pursuit of happiness. But because the Declaration is a political document, it does not warn us of the frustration of trying to exercise that right, because the pursuit of happiness is the wrong goal. You don’t become happy by pursuing happiness. You become happy by living a life that means something. The happiest people you know are probably not the richest or most famous, probably not the ones who work hardest at being happy by reading the articles and buying the books and latching on to the latest fads. I suspect that the happiest people you know are the ones who work at being kind, helpful, and reliable, and happiness sneaks into their lives while they are busy doing those things. You don’t become happy by pursuing happiness. It is always a byproduct, never a primary goal. Happiness is a butterfly—the more you chase it, the more it flies away from you and hides. But stop chasing it, put away your net and busy yourself with other, more productive things than the pursuit of personal happiness, and it will sneak up on you from behind and perch on your shoulder.

Task

- *In two paragraphs compare/contrast the elusive happiness that won’t satisfy us with “the kind of happiness that sneaks into our lives”. Explain both concepts using examples, from your personal experience.*
- *Kushner poses five separate questions in the third paragraph. Choose one question and write an imaginary dialogue in which both you and the author respond.*
- *Kushner cites O. Wilde’s contention that “there are only two tragedies. One is not getting what one wants and the other is getting it.” What is O. Wilde suggesting about the human condition? Do you agree or disagree with his view?*

IN SELFISH PURSUIT: The road to happiness is often paved with guilt

BY ANTHONY BRANDT

I want to talk about the pursuit of happiness and the dilemmas it leads us into. But I should explain my own bias, my old habit of contempt for this pursuit, before I begin. Until I looked up the history of the phrase not too long ago, I believed that happiness was an unworthy goal and couldn’t understand why Jefferson gave it such weight when he wrote the Declaration of Independence. Life and liberty were inalienable rights clearly enough, but why the pursuit of happiness? Why not something more substantial, like greatness or knowledge? As it turns out, Jefferson did not mean by happiness what we mean by it; we tend to think of happiness as a feeling, an entirely subjective delight, the inner grin that appears when life seems free of problems and disappears when they return. The pursuit of happiness so defined inevitably becomes a matter of managing one’s internal state, one’s moods. And my moods are characteristically, even genetically, somewhat dour. My father was a Swede by descent and as phlegmatic as that race is supposed to be. My mother was a fierce woman who more often inspired fear in me than delight. One day, I remember, I pulled a muscle so badly she had to take me to the doctor. Walking to the car, I started to groan from the pain; “Keep it to yourself,” she snapped. I’ve hardly allowed myself to groan since. She was a stoic, and her stoicism became the model for my own. Over the years I developed a certain indifference to how I feel. I’ve lived with minor ailments for years and done nothing about them. I’ve come to believe that I should ignore my internal emotional state as well.

My whole disposition, in short, led me to this contempt for the pursuit of happiness. I am a quiet, occasionally grim, somewhat ascetic man, willing, I've always thought, to leave happiness to those lucky people who are born cheerful. I am of the type that has trouble letting go and having fun. I can't remember jokes when I've heard them. And life has always seemed to me a testing ground; like a fox crossing the ice or a soldier in a minefield, you proceed with great caution, take nothing for granted, and count yourself blessed just to have made it to the other side.

But I am a living contradiction; beneath the moods, the stoicism, the seriousness—a happy man. How so? It comes from the conditions of my life. My two children have grown up healthy, bright, and decent; I live in one of the loveliest villages in America. My wife loves and delights me, and I her. Most important of all, I believe to the center of my being that the work I am doing is the work I was meant to do. So this dour man, who can't dance, who worries that he drinks too much, is secretly pleased with himself and is free not to believe in the pursuit of happiness because he has already caught up with it.

I don't, however, feel entirely comfortable with this outcome. You will detect the note of self-congratulation in my account of myself. I am aware of it, but I'm not sure what to do about it. Should I deny my feelings? A friend of mine on the West Coast recently wrote me that after two years of trying to adjust to having diabetes and to establish himself in his career at the same time, he had come out whole and modestly successful and he was greatly pleased. Those who love the man can only be pleased for him. He earned it, didn't he? We turn guilty too quickly, I think, when we consider our circumstances and our successes and pronounce them good. I know I react this way; some part of me is sure I'm ripe for tragedy, that whatever success I have and whatever pleasure I take in it will be taken away. I don't really deserve it, I tell myself.

It becomes practically a fixed sequence: you arrive at a goal and that makes you happy, but then you notice that the happiness is composed half of relief, half of self-satisfaction; the latter half makes you distinctly nervous, and you fall to chewing on your achievements, discounting them. This then becomes the spur to more achievements, more happiness, more guilt. How much better, I sometimes think, to have no goals, just to live day by day. Would I be happy then? No, my mother's ghost wouldn't allow it. Life is hard, she told me; life is a struggle. So I struggle happily on, running through the sequence again and again, fighting off the impulse to pat myself on the back but remaining, like my friend, fundamentally pleased. That's the American way, isn't it? My contempt for the pursuit of happiness is a joke. I'm playing this game as hard as the next fellow.

But I have doubts. There are plenty of ways besides the American way. We Americans identify the pursuit of happiness with the pursuit of success, money, achievement; we think we'll be happy when we make it, although we love to believe that those who do make it are actually quite miserable. But I think of my father, who seemed to have no ambition, perfectly content, as far as I could tell, to work in the same job for the same company for thirty-five years, to come home to his wife and children every single night, read the paper, eat dinner, never go anywhere but to our cottage at the shore for two weeks and weekends during the summer. My father was intelligent and talented; he had a beautiful singing voice, he could draw with great accuracy, but he made no effort to develop any of his talents. An assistant manager for twenty years, he had no desire to become manager. It used to drive my mother crazy; she was ambitious for him, she wanted him to push. He was immovable. When he retired, he spent the next ten years puttering around in his garden, which he never finished, and doing crossword puzzles. Still driving my mother crazy. I used to think he had wasted his life. Arrogant of me. I remember visiting him in his office and always finding him having a good time with his fellow workers, the very image of a happy man. Was this wasteful? My brother and I are both driven workaholics; my father lived in an entirely different framework. I think of the Greeks in connection with him; their idea of a happy life was a life led outside history, a quiet life like his. Their archetypal illustration was the story Herodotus tells about the lawgiver Solon's conversation with the Lydian king Croesus, who was legendary for his wealth. Solon, who was legendary for his wisdom, was on a ten-year tour of the known world when he met Croesus, who showed him his treasury and then asked him who he thought was the happiest of all men he had met. Croesus believed, of course, that being the richest, he would certainly have to be the happiest. Solon rapidly set him straight. Who is a happy man? He who "is whole of limb" Solon replied, "a stranger to disease, free from misfortune, happy in his children, and comely to look upon." No more is necessary, except that he diowell.

All of this was true of my father. He had enough money; he was whole of limb; he was almost never sick; he loved his children; he was even relatively good-looking. And he died well. The only time he ever spent in a hospital was the last four days of his life; he had a heart attack, spent four days in intensive care, and then, as" quietly as he had lived, died. Here was happiness, not pursued but possessed anyhow.

Then there's the price those of us like his two sons pay, and force others to, for our obsession with this will-o'-the-wisp, happiness. A woman I hoped to marry wanted me to give up free-lance writing and get a job in public relations. I was making about six thousand dollars a year at the time and living on my dreams and my MasterCard. We had nothing. It was clear to both of us that we could hardly make a decent life together if my prospects didn't rapidly improve. And I might have made forty thousand dollars a year in PR. I flirted with the idea, saw some people, but nothing came of it. No one will hire me, I told her. You didn't really try, she replied. What do you mean? I said, indignant; of course I did. Of course I didn't. The truth I didn't want to admit to her, or to myself, was that I loved the work I was doing more than I loved her. She left eventually, and I was glad to see her go. I wanted the guilt she represented out of my life.

We can be selfish and ruthless in the pursuit of happiness, make choices other people have to live and suffer, with, and there's no guarantee that it's going to work out. The odds are, in fact, that we won't make it, whatever "it" is, that the losses will outweigh the gains. The odds are what's keeping my friend Paul, who desperately wants to change his life, from doing it. Paul is thirty-five, married, he works as an advertising copywriter and does well, but what he really wants is to go back to graduate school, get his Ph.D. in English literature, then get a teaching job and write fiction on the side. But to do all this would mean selling his house, asking his wife to go to work and using the savings he has accumulated for his son's education for his own. He tells me that he sometimes spends hours figuring out exactly what he would need, how much the house would bring, how much his wife might make if she got a job, and what his chances are of getting a job in the overcrowded market of Ph.Ds. But no matter how carefully he draws up this budget - the figures, he says, are a simulacrum of his loyalties - there's never enough money.

The risks involved in such a choice are enormous, and Paul is at heart not ruthless or selfish enough to take them. If he were alone, he says, sure.

And he says his wife is willing to stand behind him whatever he decides.

But he can't do it, and this seems in most respects admirable; it was apparently my father's choice, it is the Greek choice, the choice to be content with one's lot and not ask too many sacrifices from other people in the service of something so insubstantial, so vague, as a possibility of happiness beyond what one already has. And yet Paul is not a happy man. He is not ruthless or selfish, no, but he sees this as a lack of courage, a failure to believe in his own talent; he calls himself a coward.

I understand Paul and I know what he's going through. I made my choice a long time ago, but it took me a long time to make it. And when did, it cost me everything I owned, and it cost my ex-wife and my two kids and later my fiancée, not to mention assorted friends and relatives one hell of a lot of pain. And for what? For an old bitch gone in the teeth¹, to reapply Pound's metaphor to my own success, such as it is. I am proud of the work I've done, proud of staying with it when the reward was only six thousand dollars a year and my hair was already starting to turn gray; but I'm not proud of my own ruthlessness and selfishness and I wish I had had it in me to be more like my father.

The pursuit of happiness was serious business to Jefferson, but his idea of happiness, as I mentioned at the beginning, was quite different from ours. Happiness at the time of the Declaration was not a state of mind that one pursued in and for oneself, but a version of the common good, an idea of general human felicity that one pursued both for oneself and for all.

Jefferson was trying to establish the idea that government has no right to stand in the way of our pursuit of felicity so conceived. The form that felicity took for Jefferson was a society composed very much along the Greek model, with lots of farmers living quiet lives, practicing quiet virtues, making money but not too much, and reading Herodotus by candlelight.

It hasn't turned out that way. We have identified happiness with success and we are stuck with it now, so that people like my father seem like washouts to people like my mother and the only happiness we can find is in the struggle to succeed. I suppose it couldn't have happened otherwise.

But I am tempted to cry, Enough! To rest easy with what I have, finish reading Herodotus and then move on to Plutarch, perhaps take up cross word puzzles, leaving pursuits to others. A gentleman farmer. It was wise of my father not to finish the garden for he would only have had to start another. How he's gone, I missed the message of his life, I have condemned myself to this pursuit. Oh, I love it, make no mistake, but the pursuit of happiness feels to me sometimes like a dog chasing its tail and half of me thinks that we have made a giant mistake, the American way is little more than the exaltation of greed.

¹"An old dog gone in the teeth":literally, an aging toothless dog. The reference is to a line from a poem by the US poet Ezra Pound (1885 – 1972)

Task

▪ Read the article again, this time making notes on the contrasting definitions of happiness given by the people below. Compare your notes with your groupmates.

- The author
- Jefferson
- The author's father
- The author's friend
- The Greek definition of happiness

▪ The author's subtitle is "the road to happiness is often paved with guilt". What do you think he meant by this?

Thoughts of the Net

Internet users' commentaries on the topic "what is happiness?"

"Playing around and cuddling with my little cute doggie can really make me so happy"

"When I'm a bit down a bar of chocolate or a piece of delicious cake could make me happy. Sometimes when I feel blue I listen to my favourite songs. Besides, smiling is the perfect thing to feel happy. You start smiling and gradually your mood is getting better and better."

"Taking a deep breath, then going out and walking along the seashore or mountain path...It barely failed to recover back in usual mood."

"Mother nature makes me happy! In every its state: frozen and white in winter, cheerful and loud in spring, green and balmy in summer and even dying in autumn. I keep my eyes open for it and enjoy it every day!"

"I am happy when the Sun is shining, when I can see smiling people's faces around me and hear their laughter. I am happy when I see pretty women in streets who are happy, I was extremely happy when I could stroke my cat and talk to her and feel her love and affection, and the way she used to look into my eyes, oh, it used to make me happy! I am still so happy any time when I can give a stroke to any, even a strange cat. I feel so happy when I smell a blossom of a rose or when I see in green fields so many yellow flowers, it's wonderful. I am happy when I play or listen to music, especially to lyric one or a song rendered by a woman singer. I am happy when I look at sea, at birds chirping, at clouds moving in the blue sky...I am happy when I know that I love somebody and somebody loves me, and I love this world which is so magical and eternal like my soul"

Essay Topics

- There are only two tragedies. One is not getting what one wants and the other is getting it. (O. Wilde)
- The road to happiness is often paved with guilt. Does the pursuit of happiness require great sacrifice?
- Is it preferable to be content with what you have? Why or why not? Give examples.
- Describe a member of your family or a close friend in relation to the theme of personal ambition, the realization of life goals and the pursuit of happiness. Compare his/her attitudes with your own.
- Remember that happiness is a way of travel – not a destination. (Roy M. Goodman)
- The secret of happiness is not in doing what one likes, but in liking what one has to do. (James M. Barrie)
- When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us. (Hellen Keller)

If you get \$ 1 000 000 000...

Before reading

1. *Read the title of the article and try to predict what the article is going to be about. Could you apply the relativity theory to happiness ?*
2. *What factors affecting happiness would you consider relevant in your native culture, in the USA, in Great Britain?*

Lottery Winners and Accident Victims: Is Happiness Relative?

Philip Brickman ,Dan Coates and Ronnie Janoff-Bulman

Adaptation level theory suggests that both contrast and habituation will operate to prevent the winning of a fortune from elevating happiness as much as might be expected. Contrast with the peak experience of winning should lessen the impact of ordinary pleasures, while habituation should eventually reduce the value of new pleasures made possible by winning. Study 1 compared a sample of 22 major lottery winners with 22 controls and also with a group of 29 paralyzed accident victims who had been interviewed previously. As predicted, lottery winners were not happier than controls and took significantly less pleasure from a series of mundane events. Study 2 indicated that these effects were not due to preexisting differences between people who buy or do not buy lottery tickets or between interviews that made or did not make the lottery salient. Paraplegics also demonstrated a contrast effect, not by enhancing minor pleasures but by idealizing their past, which did not help their present happiness.

Is Happiness Relative?

The idea that happiness is relative is at least as old as the Stoic and Epicurean philosophers of ancient Greece. It is also a solution to a number of intriguing puzzles in modern social science. American soldiers in World War II with a high school education or better had greater chances of being promoted but were less happy with their promotion chances. Merton and Kitt evolved the notion of relative deprivation to explain this fact, among others. The better educated soldiers saw themselves as doing poorly compared to their peers in civilian life or their peers who were already officers. Less well educated soldiers, on the other hand, saw themselves as reasonably well off compared to similar others in civilian life or their peers in the service. Individuals in an experimental group that was objectively worse off, because one member was disadvantaged, were more satisfied than individuals in a group where everyone was equal or where one member was advantaged. Brickman predicted this result from the fact that in the first case, individuals would enhance the relative value of their own outcome by comparing it with the less fortunate other, whereas in the latter two cases, there would be no such comparison to elevate their appreciation of their standing.

Curiously enough, however, the limits of the proposition that happiness is relative have never been tested. If happiness were completely relative, groups that had received extremes of good and bad fortune in life— winning a million dollars versus suffering a crippling accident – should differ from one another in happiness much less than we might expect. The most general framework for considering this possibility is adaptation level theory whose application to the pursuit of pleasure and questions of happiness has been developed by Brickman and Campbell. The most general principle of adaptation level theory is that people's judgments of current levels of stimulation depend upon whether this stimulation exceeds or falls short of the level of stimulation to which their previous history has accustomed them. Adaptation level theory offers two general reasons for believing that recipients of an extreme stroke of good fortune will not be generally happier than persons who have not been dealt such good fortune. The first is contrast. The second is habituation.

Contrast and habituation

Experiences that are salient or extreme and simultaneously relevant to other experiences serve as heavily weighted inputs for adaptation level. Winning a million dollars is both a distinctive event and an event that is

relevant to many other life occurrences. Since it constitutes an extremely positive comparison point, however, the thrill of winning the lottery should result in an upward shift in adaptation level. Consequently, many ordinary events may seem less pleasurable, since they now compare less favorably with past experience. Thus, while winning one million dollars can make new pleasure available, it may also make old pleasures seem less enjoyable. That new pleasures are offset by the compensatory loss of old ones should in turn militate against any general gain in happiness by lottery winners.

The second limit to good fortune is habituation. Eventually, the thrill of winning the lottery will itself wear off. If all things are judged by the extent to which they depart from a baseline of past experience, gradually even the most positive events will cease to have impact as they themselves are absorbed into the new baseline against which further events are judged. Thus, as lottery winners become accustomed to the additional pleasures made possible by their new wealth, these pleasures should be experienced as less intense and should no longer contribute very much to their general level of happiness. In sum, the effects of an extreme stroke of good fortune should be weakened in the short run by a contrast effect that lessens the pleasure found in mundane events and in the long run by a process of habituation that erodes the impact of the good fortune itself.

The same principles hold in reverse for groups that suffer an extreme stroke of ill fortune, like accidental paralysis. In the short run, their unhappiness should be mitigated by a contrast effect that enhances the impact of mundane pleasures, which are now contrasted with the extreme negative anchor of the accident. In the long run, their unhappiness should be mitigated by a process of habituation that erodes the impact of the accident itself.

It was our purpose in this research to make a preliminary assessment of these propositions. Study 1 consisted of short interviews with three groups of people: a sample of lottery winners, a sample of paralyzed accident victims, and a sample of people who were neither winners nor victims.

Method

Accident victims. Eleven paraplegic and 18 quadriplegic respondents were drawn from the full-time patient population at a major rehabilitation institute.

Lottery winners. The winners were selected from a list of 197 major winners in the Illinois State Lottery. Winners were selected to be interviewed primarily on the basis of amount won, with larger amounts preferred.

As general background, all respondents were asked their age, occupation, race, religion, and level of schooling. The lottery winner and accident victim groups were then asked several open-ended questions. Winners were first asked, "Has your lifestyle changed in any way since you won? How?" winners and victims were asked, "Do you feel you in any way deserved what happened?" and also, "Do you ask yourself 'why me?' How do you answer?" Respondents were also asked to rate how much credit or blame they assigned to themselves for their outcome and to divide 100% of the responsibility among four potentially causal factors: themselves, others, the environment, and chance. Winners were asked to rate winning, and victims were asked to rate the accident, on a scale anchored by "the best and worst things that could happen to you in your lifetime."

For a measure of general happiness, respondents were asked to rate how happy they were now (not at this moment but at this stage of their life). They were also asked to rate how happy they were before winning (for the lottery group); before the accident (for the victim group). Finally, each group was asked to rate how happy they expected to be in a couple of years.

For a measure of every day pleasure, respondents were asked to rate how pleasant they found each of seven activities or events: talking with a friend, watching television, eating breakfast, hearing a funny joke, getting a compliment, reading a magazine, and buying clothes.

Although 64% of the lottery winners gave examples of how their lives had been changed, only 23% were willing to say that their lifestyle in general had changed. The large majority of the changes mentioned were positive, including financial security, increased leisure time, easier retirement, and general celebrity status. Negative effects of winning, if any, were always mentioned together with some positive feature. The life changes faced by the victims were severe and clearly evident. These formerly independent individuals now found themselves in a state near physical helplessness, in wheelchairs or beds, with their days at the rehabilitation centre filled with therapy sessions.

In general, lottery winners rated winning the lottery as a highly positive event, and paraplegics rated their accident as a highly negative event, though neither outcome was rated as extremely as might have been expected. On a scale where 0 represented the worst possible thing that could happen in a lifetime and 5 represented the best possible thing, with 2.50 as a hypothetical neutral point, lottery winners rated winning as 3.78, and victims rated the accident as 1.28. It is especially interesting to note that the two ratings are roughly symmetric around the mean, with winning the lottery being about as positive as the accident is negative.

In both the winner and victim groups, time passed since the event was not significantly related to either happiness or pleasure ratings. The failure to find any relationship may have been due to the fact that people who had just encountered the extreme outcome, or people who had had years to adjust to it, were not represented in our sample. Only one of the winners had been aware of his good fortune for less than a month, and none of them had passed more than a year and a half with their new wealth. The victims had been specifically selected so that the time elapsed since the accident was never less than 1 month or more than 1 year.

Winners saw chance as a more important cause of their outcome than did victims. winners assigned 71.4% of the cause to chance whereas victims (who had been paralyzed for a variety of different reasons) Assigned 33.6% of

the cause to chance. On the other hand, a majority of the winners felt that they in some way deserved what happened, whereas only two of the accident victims felt they deserved what happened.

Either because they saw the outcome as more a matter of chance or because the outcome was favorable, winners seemed less involved than victims with explaining why the outcome had happened to them. Half of the lottery winner sample either did not ask or did not answer the “Why me” question, whereas only one of the accident victims did not ask and answer this question.

A general alternative explanation to adaptation level theory for the decreased satisfaction of the lottery winners is that good luck in a lottery may actually be more painful than pleasurable. Previous research suggests that sudden changes or extreme outcomes, even so positive, can be stress inducing. Furthermore well known stories such as those about Faustus, kind Midas, or the Sorcerer's Apprentice warn us that having our dreams fulfilled can create more problems than are solved. Finally, popular press articles suggest that the social relationships of lottery winners may become strained. Friends who do not ask for money may chide the winner to avoid appearing to want money or simply to avoid social comparison. If winning produces problems, it could understandably be seen by winners as a mixed blessing.

But the winners in our study did not appear to find their good fortune problematic. They rated winning very high in relation to the best thing that could possibly happen to them. They typically listed positive life changes as resulting from the windfall, such as decreased worries and increased leisure time. This suggests that winning lessened the stress and strain of their lives. Furthermore, winners did not rate social activities, such as talking with a friend or receiving a compliment. As any less pleasurable than non-social ones, like reading a magazine or eating breakfast. We do not mean to suggest that no social problems are created for winners by their good fortune, or rather by other people's perception of their good fortune – an issue we will return to in a moment. However, the decreased pleasure they take in certain ordinary events does not seem to result from any general sense that winning the lottery was itself an unpleasant experience or at best a mixed blessing. The adaptation level explanation – that their peak experience with the lottery made more ordinary joys pail by comparison – remains the most plausibly interpretation.

A second possibility is that lottery winners reported less pleasure in every day events in order to appear modest and minimize the importance of their success. However, if winners were trying to enlist sympathy or downplay the joy, we would have expected them to do it by mentioning negative features of winning rather than the very positive ones they emphasize. There is nothing particularly boastful about claiming an ordinary degree of pleasure in eating breakfast or watching television and, thus, nothing particularly modest about denying the pleasurable nature of such events.

Implications

The presence study may be added to a small but growing body of literature that requires us to take seriously the notion that happiness is relative.

There is evidence that the inhabitants of poorer cities, regions or countries are not less happy than the inhabitants of more favored places. There is research suggesting that the blind, the retarded, and the malformed are not less happy than other people. There is the fact that “in the United States, the average level of happiness in 1970 was not much different from what it had been in the late 1940's, though average income, after allowance for taxes and inflation, could buy 60% more”. There are the findings that sex, race, age, income, education, family life-cycle stage, and other demographic classification variables accounted for relatively little variance in general happiness in two independent national surveys. Although high-status people felt better off in certain domains (not all), they worried just as frequently as did low-status people and wanted to make just as many changes in their lives.

Task

1. Did all your predictions about the article message come true? If some of them failed can you account for it?
2. Do you find any conclusions of the study presented in the article surprising and unexpected? Why?
3. Write a 2 page long summary of the article's findings and present it to your groupmates.
4. Think of some debatable questions related to the issue of happiness relativity. Initiate a discussion and keep it going for 10-15 minutes.

Lucky and Unlucky lottery winners

Lucky?

Focus on the number of facts presented here...

- Billie Bob Harrell, Jr. commits suicide. In June 1997, Harrell won \$31 million in the Texas state lottery.
- Lottery millionaire Jody Lee Taylor is arrested in Collinsville, Virginia for attempting to run over a sheriff's deputy. On the night of his arrest, Taylor was driving naked down the wrong side of U.S. Route 58 with his headlights off.
- Patrick Collier randomly wins \$1 million at a McDonald's in Holly Hill, Florida. "I'm getting a Harley and a couple of houses." Two weeks later, Collier is arrested for allegedly choking and punching his fiancée in the face.
- After lottery millionaire Jack Whittaker passes out in a West Virginia strip bar, a burglar steals his briefcase containing \$545,000 in negotiable bonds. The money is located in a trash dumpster the next morning.
- The *London Telegraph* reports that 16-year-old British lottery millionaire Callie Rogers has lost her boyfriend, fought with her father, been mugged, and been accused of stealing someone's man. "Some days I don't even want to leave my house because people just scream abuse at me. Two months ago I thought I was the luckiest teenager in Britain. But today I can say I have never felt so miserable."
- Lottery winner Jack Whittaker reports that shortly after dawn, somebody broke into his SUV in Scott Depot, West Virginia and stole a bag containing \$100,000 cash.
- Lottery winner Jack Whittaker is arrested for drunk driving in Nitro, West Virginia. Police allege the millionaire blew a .190 blood alcohol on the breathalyzer.
- Incarcerated serial rapist Iorworth Hoare wins \$12.9 million in the British lottery.
- An Arizona bird refuge, The Oasis Sanctuary, files suit against New Hampshire lottery millionaires Mary Ellen Sanderson and former husband Jason Sanderson for failure to deliver on an alleged \$100,000 annual donation pledge.
- Minnesota lottery millionaire Victoria A. Zell is arrested for having allegedly violated the terms of her bail and possessing 0.7 grams of methamphetamine. Zell had also reportedly wired \$500,000 to a Canadian bank.
- Having spent his \$10 million prize in just seven years, Winnipeg lottery winner Gerald Muswagon hangs himself. Notable events in his monied spree include a high-speed chase in 2000 and a sexual assault arrest in 2002.
- Million dollar jackpot winner Christina Goodenow is arrested after Oregon police discover that she had purchased the winning ticket with a credit card stolen from her dead mother-in-law. Police searching her home discover her stash of methamphetamine, but find no trace of her first \$33,500 installment.
- Bankrupt ex-lottery millionaire William "Bud" Post III dies of respiratory failure in Seneca, Pennsylvania. Post had won \$16.2 million in the Pennsylvania lottery on February 24, 1988. From a 1993 interview: "Everybody dreams of winning money, but nobody realizes the nightmares that come out of the woodwork, or the problems."

Lucky!

Interview with a lottery winner:

- **Did you often buy lottery tickets or was this a one-time thing?**
- I played the lottery often when I won. I had developed a little numbering system. Since I've won, there's been a lot of numbering systems for lotteries all over the Internet. Before that, there weren't any. I really thought I was going to win. I even wrote it down in my journal in 2002.
- **So many lottery winners have sad endings. Did you worry about that?**
- I've always handled responsibility well. If you accept that check, you accept an amazing responsibility to yourself and whomever you decide to include in it. I was quiet about winning for a month before I decided to come out. During that time, I was getting as much research as I could on existing lottery winners and what their stories were. Most of them lose all the money within a short amount of time. I'm looking at statistics where people in ten years have nothing. In ten years, I wanted to be worth about ten times as much. I think a lot of people who play the lottery are people who live on hope.
- **What was your first major purchase?**

- A trip to Tahiti for me and 17 of my friends. At the same time, I paid off my mortgage and student loans. [What was your biggest purchase?] The family foundation was the biggest allotment of money. \$1.3 million.
- **What else did you do with your money?**
- I wanted to make the most of the opportunity that was given to me, so I put together a team with the intent to reach and maintain a \$1 billion status over a particular period of time. I wanted to do it in 10 years, which I knew was aggressive. My team talked me into looking at 15 years. But it looks like we're on track for 12 years. When you do something like that, the more you become worth, the quicker your growth curve is. My total net worth right now is at an unofficial value of \$128 to \$130 million. We've done very well for the first year and a half.
- **What about a big new house or a fancy new car?**
- I guess I'm more worried about spending time on my investments and helping my consulting company along and doing fun things with my family and friends. I will have a new home and a great car at some point, but just not now. The great thing about the lottery was that I get to experience amazing things with people I care about. I started up a consulting company and am employing some people that helped me along the way with my employment. I took my family on a cruise.
- **You had to have treated yourself to something.**
- I bought bicycles. I'm probably own upward of 17 bikes. I also bought a 2002 Jetta. I gave my 2005 Jetta to my nephew. So it's the exact same car except for his is white and mine is black.
- **You had a newer car that you gave to your nephew and you bought an older car?**
- That's correct. I wanted a black VW Jetta with a black interior. Believe it or not, those are really hard to find. I went to the local dealership and had them track one down for me. They had to go to Texas to get it. It fit my bicycle rack really well.
- **What happened to your job at Gold's Gym?**
- I still teach a spinning class there twice a week. I took some time off after the whole thing because everybody had investment opportunities that were the greatest thing since sliced bread, and there were 100 of them every day. So I had to get out of there for a while, but when I went back, the people I'd been teaching for the last 8 years were still the same people, and I was still the same instructor.
- **Have you given money to members of your family?**
- One of the first things I did was give everyone in my family the maximum amount without tax consequence. I have all of my nieces' and nephews' college funds set up, and they're set. And there's no debt for anyone anymore. Everybody is happy.
- **Are you happier since you've won the money?**
- Absolutely. When it comes down to it, I get to do the things professionally that I've always wanted to do. I get to invent a piece of equipment that I've always been thinking about doing. I get to give back to some people that have given to me over years.

Task

1. Why do the “unlucky” lottery winners lose this fascinating moment of happiness? Does their life after winning a fortune confirm the conclusions in the article “Lottery winners and Accident victims: Is happiness relative?”
2. Will the lucky lottery winner be as happy in the future as he is now according to the results of the research in the article?
3. Is the lucky lottery winner more likely to be considered an exception or not?
4. The lucky one says, “I think a lot of people who play the lottery are people who live on hope.” Is it true, on your opinion? Might hope be a key to real happiness?
5. Would you be able to make the most efficient use of money if you were a lottery winner?

Funny stories about lottery winners

1. He escaped from a derailed train, a door-less plane, a bus crash, a car into flames, another 2 car accidents... then won a million dollar lottery

Here's the story of how the world's unluckiest man turned his fate upside down. Frane Selak, born in 1929, is a Croatian music teacher who used to be famous for his numerous escapes from fatal accidents:

- In January, 1962, Selak was traveling via train from Sarajevo to Dubrovnik. However, the train had suddenly derailed and plunged into an icy river, killing 17 passengers. Selak managed to escape, and only suffered a broken arm and minor scrapes and bruises.
- The following year, while traveling from Zagreb to Rijeka when the door blew away from the cockpit, forcing him out of the plane. Although 19 others were killed, he suffered only minor injuries and had miraculously landed in a haystack.
- In 1966, he was riding on a bus that crashed and plunged into a river. Four others were killed, but Selak managed to escape unharmed.
- In 1970, he managed to escape before a faulty fuel pump engulfed his car into flames.
- In 1973, another of Selak's cars caught fire, forcing fire through the air vents. He suffered no injuries save the loss of most of his hair.
- In 1995, he was hit by a city bus, but once again suffered minor injuries.
- In 1996 he escaped when he drove off a cliff to escape an oncoming truck. He managed to land in a tree, and watched as his car exploded 300 feet below him.

But then, in 2003, the heavens seemed to review his case: he won \$1,000,000 dollars in the Croatian lottery!

"I know God was watching me over all these years," he said. Frane also said that he can either be looked as "the world's unluckiest man, or the world's luckiest man," and prefers the latter.

2. Woman googles husband, finds he won the lottery but never told her

On 2007, Donna Campbell became suspicious of her husband, Arnim Ramdass, when he started to keep the television turned off and disconnected the phone line. Her suspicions rose when she found a postcard about a new home purchase.

But Campbell was unaware that her husband was hiding a \$10.2 million secret from her until she Googled her husband's name and lottery number. She found a Florida lottery press release that named 17 airline mechanics who won the jackpot, her husband was one of them.

The group of mechanics opted for the lump-sum payment of \$10.2 million, meaning each of the 17 winners would receive about \$600,000 before taxes. Since the winning, Ramdass took a leave of absence from work, according to his co-workers. He hasn't shown up at the couple's home and servers can't find him to hand him the lawsuit papers: she wants half the money and out of the marriage.

3. Doubled his share of the jackpot... by mistake!

When Derek Ladner next suffers from absent mindedness, he may think twice before cursing his poor memory. For the 57-year-old's forgetfulness has landed him an amazing double lottery win.

He and his wife Dawn were elated when their six regular numbers came up on the midweek draw on 2007. They were quick to claim their £479,142 share of the £2,395,710 jackpot split between five winners. But, incredibly, a week later Mr Ladner remembered he had bought another ticket with the same numbers for the same draw.

That gave him two of the five shares of the jackpot on July 11, doubling his winnings to £958,284. A spokesman for lottery operator Camelot said it was the first time a player had won twice in the same draw! Mr Ladner's forgetfulness cost the other three winners almost £120,000 each. Had he not bought the extra ticket, they would have split the jackpot four ways instead of five and won £598,927 a person.

Task

- 1) Compare the stories: who do you think is the luckiest one?
- 2) Try to guess what happened in the life of these people after the events described here
- 3) Make up your own funny story about a lottery winner.

ONCE UPON A TIME THERE LIVED AN OLD WOMAN. THE DREAM OF HER LIFE WAS TO WIN A LOTTERY. SHE WENT TO THE LOCAL MART TO BUY A LOTTERY TICKET YEAR UPON YEAR, BUT NEVER WON. UNTIL ONE DAY HER LUCK TURNED...



If you get paid

\$ 1 000 000 000...

Happy Jobs

Before reading

1. Conduct some interviews and find out the happiest occupation in your environment. Compare your findings with those of your groupmates and make some conclusions about career satisfaction in Russia.
2. Do you expect to see the same jobs on the list of top five happiest professions in the UK?

How important is career satisfaction? Let's look at the amount of time one spends working to help answer that question. If you start working a full-time job at the age of 21 and wrap up your career at 65, you'll have spent an average of 91,520 hours on the job! That's a lot of hours toiling away at any career, even if it's the dream gig you imagined you'd have when you were a kid. Wide-eyed youngsters can have their eyes on serious cash when exploring the job market, but those who've been in the work force long enough know that you often need more than a big paycheck at the end of the day. We'd conclude that finding a career you're satisfied with is pretty important for most people. Here's a look at the happiest occupations in the world, most of which prove, you get what you give when it comes being satisfied with your job. Many of the professions on this list require schooling, either through traditional or online education. **When it comes to happiness at work, hairdressers appear to be a cut above the rest, a new league table suggests.**

According to examiner City & Guilds, hairdressers are the happiest workers in the UK, with two out of five saying they are very content in their job.

Next in the happiness stakes are the clergy, chefs, beauticians, and plumbers and mechanics.

In contrast, social workers, architects, civil servants and estate agents made up the foot of the table.

Only 2% of social workers and architects say they are happy at work, according to the survey.

Happy crimpers

Jonathan Pickup, who has been a hairdresser for 21 works at the Slice Salon in Newcastle, says he loves his job.

"It's quite a young environment - it's quite trendy. You quite a lot of young people. You get to my age and it is quite around people who are eager in their job," he told BBC Radio Wake Up to Money programme.

A TUC report issued this week found hairdressers did overtime than any other occupation.

Michael Osbaldeston of City & Guilds said there were plenty of reasons why hairdressers should be happy.

"It is the relationship they have with their client which makes the job what it is," he said.

"They are appreciated. They make people feel good and look good. Many of them have the opportunity to be their own bosses and that also seems to be something that is quite important in people's happiness good news is, you can receive the training you need to land a happy job!

TOP FIVE HAPPIEST PROFESSIONS*	extremely
Hairdressers (40%)	
Clergy (24%)	years, and
Chefs/cooks (23%)	
Beauticians (22%)	mix with
Plumbers (20%)	nice to be
*% who rated their level of happiness as 10 out of 10 in brackets	Five Live's

FIVE MOST UNHAPPY PROFESSIONS*	less unpaid
Social Workers (2%)	
Architects (2%)	
Civil Servants (3%)	
Estate Agents (4%)	
Secretaries (5%)	
*% who rated their level of happiness as 10 out of 10 in brackets	

Interviews

As a childcare worker I have immense job satisfaction when there are babies and you see them grow up you can say that you have contributed to the child's education and you have encouraged their development!

Kelly Thwaytes, Wigton, Cumbria, England

I was a Barber for thirteen years and enjoyed the daily interaction with my regular customers. We had music playing all day in the background and it was very relaxing. I then went to University and now work in an office and

I find myself thinking back to those happy times. On the negative side though the pay was not very good.

Mark, Cambridge

I'm a building engineer and can totally see why the top five professions are so happy. They get to interact with people on a personal level and provide a service that is greatly appreciated by making people happy.

By contrast what I do is seen as boring, un-important and a target to attack. It's little wonder I feel depressed, unappreciated and like my job has little value or benefit to peoples lives. No one smiles when I do good job or says thank you. It's little wonder Engineering is one of the least popular professions that people want to go into.

Anonymous, UK

It is noticeable that none of the top five happiest professions involves working in an office.

Peter,

I am a former hairdresser (I spent 10 years in the job) and gave up 8 years ago to do a degree. I am now working at a university and have regular hours, no back problems, Saturdays to do what I want with and no late nights. There is nothing I miss about hairdressing - the only good thing to come out of it was the fact that I met my husband (he was my boss) and we have been happily married for 10 years. Incidentally, he gave up hairdressing too!

Jill Handley, Norwich, UK

My mother is a hairdresser and the profession is basically the family business with both my mother and her sister working with my Gran before she recently passed away. My Aunt chose to go into hairdressing while my mother had less choice about the matter which explains why she hates it.

My aunt increasingly dislikes it. They are on their feet from 8am till 5, wages in hairdressing are not good and a lot of independent businesses have to struggle with paying the minimum wage. They also find it harder to entice younger people into the job and in various points in my life there have been so many juniors that come and go and just leave hairdressing after a year or two as it doesn't pay if you aren't one of the top salons.

I did summer work there as a teenager and hated every minute of it. There was no way in the world I would want to be a stylist and am now very content working in IT.

Jacqueline, Welwyn Garden City, Herts

I really relate to this table! I work full time as a civil servant and hate it! I work in an office by myself and actually get quite depressed at times, I'm doing an NVQ2 course in hairdressing two nights a week at college and I love it !! I now know the meaning of the phrase 'scissor happy'

Sarah, Belfast

It is well-known that the most important elements in what makes for a 'happy job' are personal control and social relationships - clearly hairdressers get a lot of both these factors. They also get good (as in immediate) feedback on the quality of their work - another pleasant attribute of work.

However happiness is not the only game in town - there is also the question of interest and meaningfulness. If they had asked civil servants, architects and social workers about this very important aspect of people's experience of work - they might have found a reversal of fortunes!

Still fixated on landing a big paycheck every two weeks? There's no doubt that several of the jobs on our list of happiest occupations in the world come with hefty monetary reward, as well as a sense of satisfaction in daily tasks. Make sure you have the college degree you need to succeed in some of the positions mentioned above. Ultimately, it's the big picture of the job, it's purpose and how well it serves others that determines a person's happiness with an occupation.

Task

1. Game 'Hairdresser': divide into two groups. Discuss the career of the hairdresser. One group is very enthusiastic about the job, the other finds it monotonous and repetitive. One group presents an arguments in favour of the job, the other presents counterarguments criticizing it. Keep the discussions going. The group whose argument no longer meets counterargument wins the game.
2. Point out five characteristics that make a job the best one and five characteristics that make it the worst one.
3. Describe in detail a job of your dream.
4. Search for extraordinary and ridiculous professions in the world.

Welcome to Eldorado

El Dorado (pronounced: [el doˈr aðo], English /ˈɛ l dɒˈr aː doʊ /; Spanish for "the golden one") is the name of a Muisca tribal chief who covered himself with gold dust and, as an initiation rite, dived into a highland lake.

Later it became the name of a legendary "Lost City of Gold" that has fascinated – and so far eluded – explorers since the days of the Spanish Conquistadors. Though many have searched for years on end to find this city of gold, no evidence of such a place has been found.

El Dorado is also sometimes used as a metaphor to represent an ultimate prize or "Holy Grail" that one might spend one's life seeking. It could represent true love, heaven, happiness, or success. It is used sometimes as a figure of speech to represent something much sought after that may not even exist, or, at least, may not ever be found. Such use is evident in Poe's poem "El Dorado". In this context, El Dorado bears similarity to other myths such as the Fountain of Youth and Shangri-la.

In Poetry

Edgar Allan Poe

(1809 –1849) was an American author, poet, editor and literary critic, considered part of the American Romantic Movement.

Read the poem called “Eldorado” written by E.A. Poe and answer the following questions:

- ☉ Why is the knight so gaily dressed?
- ☉ Why is he singing a song?



Eldorado

1849

Gaily bedight,
A gallant knight,
In sunshine and in shadow,
Had journeyed long,
Singing a song,
In search of Eldorado.
But he grew old
This knight so bold
And o'er his heart a shadow
Fell as he found
No spot of ground
That looked like Eldorado.

And, as his strength
Failed him at length,
He met a pilgrim shadow
"Shadow," said he,
"Where can it be
This land of Eldorado?"

"Over the Mountains
Of the Moon,
Down the Valley of the Shadow,
Ride, boldly ride,"
The shade replied
"If you seek for Eldorado!"

ЭЛЬДОРАДО

Перевод В. Каганова.

Рыцарь, весел и смел,
Ехал вдаль, песню пел,
И в жару, и в ночную прохладу.
Долог был его путь,
И нельзя отдохнуть,
Если ищешь страну Эльдорадо.

Но с годами устал,
Стар и болен он стал,
Омрачённое сердце не радо.
Не нашёл он вдали
Той желанной земли,
Что похожа на Эльдорадо.

И когда он, без сил,
Пылким духом остыл,
Тень явилась, как призрак из Ада.
И спросил он у ней:
«Как найти мне верней
Ту страну, что зовут Эльдорадо?»

«За грядой Лунных Гор,
Где зияет простор,
Вниз, в Долину туманного Ада,
Путь держи ты смелей
За мечтою своей,
Если хочешь найти Эльдорадо!»

Ogden Nash

Happiness, n. An agreeable sensation arising from contemplating the misery of others.

--Ambrose Bierce

Frederic Ogden Nash AKA "Oggie" (August 19, 1902 – May 19, 1971) was an American poet well known for his light verse. At the time of his death in 1971, the New York Times said his "droll verse with its unconventional rhymes made him the country's best-known producer of humorous poetry".[1] Ogden Nash wrote over 500 pieces of comic verse. The best of his work was published in 14 volumes between 1931 and 1972.

INTER-OFFICE MEMORANDUM

The only people who should really sin
Are the people who can sin with a grin,
Because if sinning upsets you,
Why, nothing at all is that it gets you.
Everybody certainly ought to eschew all offences however venial
As long as they are conscience's menial.



Some people suffer weeks of remorse after having committed
the slightest peccadillo,
And other people feel perfectly all right after feeding their
husbands arsenic or smothering their grandmother with a
pillow.
Some people are perfectly self-possessed about spending their lives
on the verge of delirium tremens,
And other people feel like hanging themselves on a coathook just
because they took that extra cocktail and amused their fellow
guesses with recitations from the poems of Mrs. Hemans.
Some people calmly live a barnyard life because they find
monogamy dull and arid,
And other people have sinking spells if they dance twice in an
evening with a laddy to whom they aren't married.
Some people feel forever lost if they are riding on a bus and the
conductor doesn't collect their fare,
And other people ruin a lot of widows and orphans and all they
think is, Why there's something in this business of ruining
widows and orphans, and they go out and ruin some more and
get to be a millionaire.
Now it is not the purpose of this memorandum, or song,
To attempt to define the difference between right and wrong;
All I am trying to say is that if you are one of the unfortunates who
recognize that such a difference exists,
Well, you had better oppose even the teensiest temptation with
clenched fists,
Because if you desire peace of mind it is all right to do wrong if it
never occurs to you that it is wrong to do it,
Because you can sleep perfectly well and look the world in the eye
after doing anything at all so long as you don't rue it,
While on the other hand nothing at all is any fun
So long as you yourself know it is something you shouldn't have
done.
There is only one way to achieve happiness on this terrestrial ball,
And that is to have either a clear conscience, or none at all.

МЕМОРАНДУМ ДЛЯ ВНУТРЕННЕГО ИСПОЛЬЗОВАНИЯ

Перевод И. Комаровой

Я разрешил бы грешить только лицам,
Которые безмятежностью подобны птицам,
Потому что если вы не можете грешить без дрожи,
То это выходит себе дороже.
Не стоит соблазняться даже мелким грешком,
Если вы у совести под башмаком.
Одни люди раскаиваются на миллион, согрешив на две
ломанные полушки,
А другие посвистывают, отравив мужа мышьяком или
придушив бабушку при помощи подушки.
Одни не теряют самообладания, проводя дни на грани delirium
tremens,

А другие готовы повеситься на вешалке, если выпили на именинах лишний коктейль и развлекали гостей стихами миссис Хеманс.

Одни не испытывают склонности к моногамии и ведут себя как известные домашние пернатые,

А другие впадают в глубокую депрессию, если протанцуют два танго подряд с дамой, на которой они не женатые.

Один, не уплатив за проезд в автобусе, считает, что ад для него — слишком мягкая мера,

А другой разоряет сырых и вдовых и порой настолько входит во вкус, что разоряет все новых и новых — и превращается в миллионера.

Я не собираюсь лезть напролом

И определять, в чем разница между добром и злом,

Но если вы относитесь к злополучному меньшинству, признающему, что такая разница есть,— я вам советую прямо и грубо:

Противьтесь наимельчайшим искушениям, сжав кулаки и по возможности зубы.

Если вы стремитесь к душевному покою, совершать зло можно только при условии, если вам никогда не приходит в голову, что вы совершаете зло;

И если вы при этом спите спокойно и смотрите миру прямо в глаза — считайте, что вам повезло.

Но если вы начинаете думать, что делать зло, пожалуй, не стоило и что вообще вы такой и сякой,—

Проститесь с надеждой на душевный покой.

Итак, я позволю себе сказать в заключение этой печальной повести:

Для счастья нужна либо чистая совесть, либо чистое отсутствие совести.

Task

- ☞ Which of the two types of people - the fortunate or the unfortunate - do you represent?
- ☞ Translate or render this piece of the poem by Eduard Asadov:

Дорожите счастьем, дорожите!
Дорожите счастьем, дорожите!
Замечайте, радуйтесь, берите
Радуги, рассветы, звезды глаз -
Это все для вас, для вас, для вас.
Красоту увидеть в некрасивом,
Разглядеть в ручьях разливы рек!
Кто умеет в буднях быть счастливым,
Тот и впрямь счастливый человек!

In Prose

If you love to read, if you love nature and if you have a dog, you've got it made.

--Brooke Astor

The Happy Man

W. Somerset Maugham

It is a dangerous thing to order the lives of others and I have often wondered at the self-confidence of politicians, reformers and suchlike who are prepared to force, upon their fellows measures that must alter their manners, habits, and points of view. I have always hesitated to give advice, for how can one advise another how to act unless one knows that other as well as one knows oneself? Heaven knows, I know little enough of myself. I know nothing of others. We can only guess at the thoughts and emotions of our neighbours. Each one of us is a prisoner in a solitary tower and he communicates with the other prisoners, who form mankind, by conventional signs that have not quite the same meaning for them as for himself. And life, unfortunately, is something that you can lead but once; mistakes are often irreparable, and who am I that I should tell this one and that how he should lead it? Life is a difficult business and I have found it hard enough to make my own a complete and rounded thing; I have not been tempted to teach my neighbor what he should do with his. But there are men who flounder at the journey's start, the way before them is confused and hazardous, and on occasion, however unwillingly, I have been forced to point the finger of fate. Sometimes men have said to me, what shall I do with my life? And I have seen myself for a moment wrapped in the dark cloak of Destiny.

Once I know that I advised well.

I was a young man and I lived in a modest apartment in London near Victoria Station. Late one afternoon, when I was beginning to think that I had worked enough for that day, I heard a ring at the bell. I opened the door to a total stranger. He asked me my name; I told him. He asked if he might come in.

'Certainly.'

I led him into my sitting-room and begged him to sit down. He seemed a trifle embarrassed. I offered him a cigarette and he had some difficulty in lighting it without letting go of his hat. When he had satisfactorily achieved this feat I asked him if I should not put it on a chair for him. He quickly did this and while doing it dropped his umbrella.

'I hope you don't mind my coming to see you like this,' he said. 'My name is Stephens and I am a doctor. You're in the medical, I believe?'

'Yes, but I don't practise!'

'No, I know. I've just read a book of yours about Spain and I wanted to ask you about it.'

'It's not a very good book, I'm afraid.'

'The fact remains that you know something about Spain and there's no one else I know who does. And I thought perhaps you wouldn't mind giving me some information.'

'I shall be very glad.'

He was silent for a moment. He reached out for his hat and holding it in one hand absentmindedly stroked it with the other. I surmised that it gave him confidence.

'I hope you won't think it very odd for a perfect stranger to talk to you like this.' He gave an apologetic laugh. 'I'm not going to tell you the story of my life.'

When people say this to me I always know that it is precisely what they are going to do. I do not mind. In fact I rather like it.

'I was brought up by two old aunts. I've never been anywhere. I've never done anything. I've been married for six years. I have no children. I'm a medical officer at the Camberwell Infirmary. I can't stick it any more.'

There was something very striking in the short, sharp sentences he used. They had a forcible ring. I had not given him more than a cursory glance, but now I looked at him with curiosity. He was a little man, thick-set and stout, of thirty perhaps, with a round red face from which shone small, dark and very bright eyes. His black hair was cropped close to a bullet-shaped head. He was dressed in a blue suit a good deal the worse for wear. It was baggy at the knees and the pockets bulged untidily.

'You know what the duties are of a medical officer in an infirmary. One day is pretty much like another. And that's all I've got to look forward to for the rest of my life.'

'Do you think it's worth it?'

'It's a means of livelihood,' I answered.

'Yes, I know. The money's pretty good'

'I don't exactly know why you've come to me.'

'Well, I wanted to know whether you thought there would be any chance for an English doctor in Spain?'

'Why Spain?'

'I don't know, I just have a fancy for it'

'It's not like Carmen, you know.'

'But there's sunshine there, and there's good wine, and there's colour, and there's air you can breathe. Let me say what I have to say straight out. I heard by accident that there was no English doctor in Seville. Do you think I could earn a living there? Is it madness to give up a good safe job for an uncertainty?'

'What does your wife think about it?'

'She's willing.'

'It's a great risk.'

'I know. But if you say take it, I will; if you say stay where you are, I'll stay.'

He was looking at me intently with those bright dark eyes of his and I knew that he meant what he said. I reflected for a moment.

'Your whole future is concerned: you must decide for yourself. But this I can tell you: if you don't want money but are content to earn just enough to keep body and soul together, then go. For you will lead a wonderful life.'

He left me, I thought about him for a day or two, and then forgot. The episode passed completely from my memory.

Many years later, fifteen at least, I happened to be in Seville and having some trifling indisposition asked the hotel porter whether there was an English doctor in the town. He said there was and gave me the address. I took a cab and as I drove up to the house a little fat man came out of it. He hesitated when he caught sight of me.

'Have you come to see me?' he said. 'I'm the English doctor.'

I explained my errand and he asked me to come in. He lived in an ordinary Spanish house, with a patio, and his consulting room which led out of it was littered with papers, books, medical appliances, and lumber. The sight of it would have startled a squeamish patient. We did our business and then I asked the doctor what his fee was. He shook his head and smiled.

'There's no fee.'

'Why on earth not?'

'Don't you remember me? Why, I'm here because of something you said to me. You changed my whole life for me. I'm Stephens.'

I had not the least notion what he was talking about. He reminded me of our interview, he repeated to me what we had said, and gradually, out of the night, a dim recollection of the incident came back to me.

'I was wondering if I'd ever see you again,' he said, 'I was wondering if ever I'd have a chance of thanking you for all you've done for me.'

'It's been a success then?'

I looked at him. He was very fat now and bald, but his eyes twinkled gaily and his fleshy, red face bore an expression of perfect good humour. The clothes he wore, terribly shabby they were, had been made obviously by a Spanish tailor and his hat was the widebrimmed sombrero of the Spaniard. He looked to me as though he knew a good bottle of wine when he saw it. He had a dissipated, though entirely sympathetic, appearance. You might have hesitated to let him remove your appendix, but you could not have imagined a more delightful creature to drink a glass of wine with.

'Surely you were married?' I said.

'Yes. My wife didn't like Spain, she went back to Camberwell, she was more at home there.'

'Oh, I'm sorry for that'

His black eyes flashed a bacchanalian smile. He really had somewhat the look of a young Silenus.

'Life is full of compensations,' he murmured.

The words were hardly out of his mouth when a Spanish woman, no longer in her first youth, but still boldly and voluptuously beautiful, appeared at the door. She spoke to him in Spanish, and I could not fail to perceive that she was the mistress of the house. As he stood at the door to let me out he said to me:

'You told me when last I saw you that if I came here I should earn just enough money to keep body and soul together, but that I should lead a wonderful life. Well, I want to tell you that you were right. Poor I have been and poor I shall always be, but by heaven I've enjoyed myself. I wouldn't exchange the life I've had with that of any king in the world.'

Task

- Ⓢ What is happiness for the main character of the story? Is it the type of happiness you would like to have?
- Ⓢ What do people usually mean by "simple happiness"?
- Ⓢ Comment on the phrase "and life is something that you can lead, but once..."

In Music

The body is like a piano, and happiness is like music.

--Henry Ward Beecher

Task

- Ⓢ Read the lyrics of the Strokes song. What kinds of feelings are described in the song? According to the songwriter, which one is more likely to bring your true happiness?

"Two Kinds Of Happiness"

Happiness is two different things
What you take and then what you bring
One is pleasure, one is the flame
One's devotion, one's just deranged

Inside everyone
Love conquers alter-joy
Don't waste your heart
Don't waste your heart
One has nothing to do with the other

...

One to take it from with my love
One's an instinct, one takes some will
One you laugh and one makes you kill
What's lovely is that one's for the end

Inside everyone
Love conquers alter-joy

Don't waste your heart
Don't waste your heart
One has nothing to do with the other

...

Don't you give in

Task

 Look at these parts of song lyrics and mention as many aspects of happiness as you can.

The Beatles – I'm Happy Just to Dance with You

I don't wanna kiss or hold your hand,
If it's funny try an`understand,
There is really nothing else I'd rather do,
Cause I'm happy just to dance with you.

Kasabian – Happiness

Save what you got, keep it safe, don't ever stop
There's nothing more, it's nothing less
It's all we got, it's happiness, it's happiness
Ain't that right? Ain't that right?

Oasis – Live Forever


Maybe I just want to fly
I want to live I don't want to die
Maybe I just want to breath
Maybe I just don't believe

Maybe you're the same as me
We see things they'll never see
You and I are gonna live forever

R.E.M. – Shiny Happy People

Everyone around, love them, love them
Put it in your hands
Take it, take it
There's no time to cry
Happy, happy
Put it in your heart
Where tomorrow shines
Gold and silver shine

Task

 Here are several song titles relating to happiness. Pick one of them and try to guess what the song may be about.

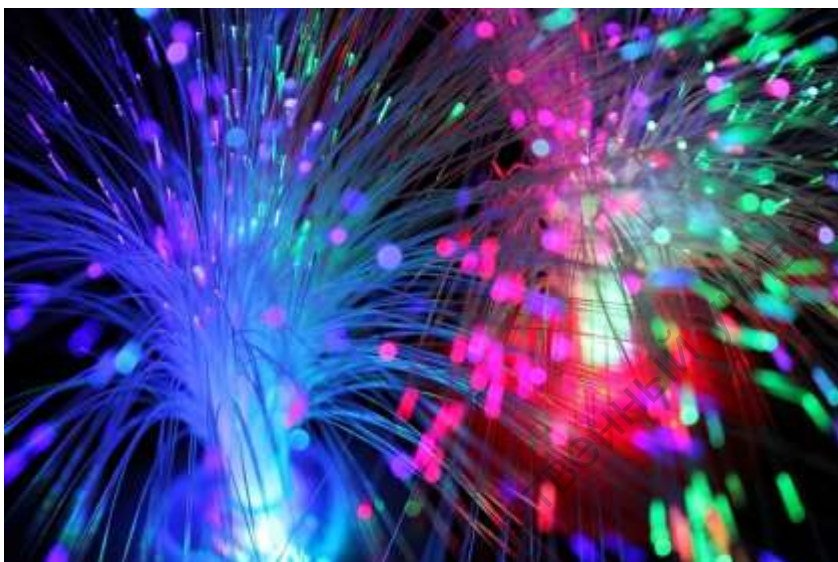
- Sappy² (Nirvana)
- Happiness is a Warm Gun (The Beatles)
- Every day is to Win (R.E.M.)

²Sad + Happy

In Photography









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