

# 1. Life Styles

People have different attitudes toward living. Some seek self-oriented happiness, without any consideration for others. To them, "happiness" means wielding political or economic power over others. But most of these people turn out to be disappointed in their pursuit of happiness since man's desire is endless, nothing can fully satisfy their needs.

Other people believe that the first step to attaining happiness is to restrict personal desire. Priests, monks, and nuns are the most common representatives of this group. By refraining from worldly passion, they think they are happier because they live their lives in accordance with religious commands. But, can anyone without personal autonomy be genuinely happy?

A third group consists of very ordinary people. They have no great wealth or political authority. While they may have religious beliefs, they do not turn their back on the world. But they treasure their families, they value the little things of everyday life. They are happy if they have three meals a day, a car, a home, a vacation and enough money to educate their children.

Which group of people is the happiest? Who knows? If you think you are happy, then you are. Happiness is the result of how you think about the world and your place in it.

## **Comprehension**

1. According to the essay, how many groups of life styles are there?
2. What does the expression "to turn ones back on the world" mean?
3. What is the definition of happiness?

## **Express Yourself**

1. What types of social activities do you engage in?
2. What would you think about becoming a priest, monk, or nun?





3. What religion do you have?
4. How do you spend your free time? Do you prefer spending it alone or with friends?
5. Do you think the quality of your life is improving or getting worse?
6. What musical instruments can you play?
7. Do you enjoy singing?
8. Have you ever done any volunteer work?
9. Are you usually on time for appointments?
10. How do you relieve your stress?
11. Are you forgetful? If so, how do you cope with it?
12. Do you think you are happy? Why or why not?

