**Unit 2 Positive Thinking and Happier Living—中等程度**

第一段

During the spring semester of 2006, Harvard University’s Sanders Theatre swarmed with students every Tuesday and Thursday. More than eight hundred Harvard students with different majors had **enrolled** in Tal Ben­Shahar’s class called “Positive Psychology” to explore the secrets of finding happiness. This course became the most popular one on **campus**, and Ben­Shahar later went on to write several best­selling books to teach ordinary people about happiness. Obviously, how to get happy is a matter of concern to many people around the world.

You Should Know

1. major在此詞性為名詞，意為\_\_\_\_\_\_\_\_。

⮚ 動詞用法為major + \_\_\_\_\_\_\_\_(介系詞) +科目名稱。

*e.g.* He intends to **major** \_\_\_\_\_\_\_\_ math in college.

2. enroll在此為不及物動詞，意為\_\_\_\_\_\_\_\_，後接in + something。

3. on campus意為\_\_\_\_\_\_\_\_。

⮚ 在校外則是off campus。

4. go on + to V 意為「完成上一個動作，接著做第二個動作。」

⮚ go on + V-ing 意為「一直做同一個動作。」

👉 請填入適當的答案：

*e.g.* After Pan finishes his supper, he goes on \_\_\_\_\_\_\_\_ (have) some fruits.

*e.g.* You can’t go on \_\_\_\_\_\_\_\_ (idle) around like this. You have to use your time well.

5. a matter of concern意為\_\_\_\_\_\_\_\_。

Try it

1. What is the most popular course in Harvard University in the spring semester in 2006?

2. What do many people in the world care about?

第二段

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

You Should Know

1. imprisoned意為\_\_\_\_\_\_\_\_，在此用來修飾前面的themselves。

2. increasingly competitive意思相近於more and more competitive。

3. have a hard time + V-ing 意為\_\_\_\_\_\_\_\_

⮚ 相似的句型還有have difficulty/trouble/problems + V-ing。

*e.g.* I have **difficulty**/**trouble**/**problems**/**a hard time** **memorizing** new words.

4. There is little doubt that S + V意為\_\_\_\_\_\_\_\_

⮚ 相似用法有Without (a) doubt，Beyond (any) doubt。

5. burning原意為「正在熊熊燃燒的」，在本文意為\_\_\_\_\_\_\_\_。

*e.g.* a **burning** question (當務之急、急待解決的問題。)

Try it

1. Why do most students feel pressured all the time? What about adults?

第三段

According to Ben­Shahar, we can’t **attain** the state of happiness unless we examine the following three questions: What do we find most meaningful? What provides us with the greatest pleasure? Finally, what are we good at? To help us find happiness, Ben­Shahar offers six tips:

You Should Know

1. according to意為\_\_\_\_\_\_\_\_。

⮚ according to + someone/something

*e.g.* **according to** the weatherman/the weather report (根據氣象播報員/氣象報告)

2. provide意為\_\_\_\_\_\_\_\_。

⮚ provide + someone + with + something，也可變換為provide + something + for + someone

⮚ offer意為提供，用法為offer ＋ someone ＋ something 或是offer + something + to + someone

3. be good at + N/V-ing意為\_\_\_\_\_\_\_\_。

👉 以be good at + N/V-ing句型翻譯下列文句。

他擅長拉小提琴。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Try it

1. What should we notice if we want to achieve happiness?

第四段

**Simplify**!

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

You Should Know

1. priority意為\_\_\_\_\_\_\_\_

⮚ priority seat 意為\_\_\_\_\_\_\_\_。

2.「大量的」表達方式為：

a large number of + \_\_\_\_\_\_\_\_名詞，如a large number of activities。

a large amount of + \_\_\_\_\_\_\_\_名詞，如a large amount of time。

3. end up意為\_\_\_\_\_\_\_\_

⮚ end up + V-ing /adj./介系詞片語。

👉 請填入適當的答案：

*e.g.* He stole the woman’s purse and **ended up** \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_.

(他偷那女人的錢包最後落得入獄的下場。)

*e.g.* The selfish giant **ends up** \_\_\_\_\_\_\_\_.

(自私的巨人最後孑然一身。)

*e.g.* Having nowhere to go, Joe ended up \_\_\_\_\_\_\_\_ in that shabby inn.

(無處可去，Joe最後待在那簡陋的小旅館。)

4. worse yet意為\_\_\_\_\_\_\_\_，意思相近的片語為to make matters worse。

Try it

1. What might happen if we have too many things on our schedule and try to finish everything on it?

第五段

Happiness is mostly **dependent** on our state of mind.

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

You Should Know

1. state在本文有兩種詞性，且意義不同。在「state of mind」中，詞性為\_\_\_\_\_\_\_\_，意為「狀態」，另一詞性為動詞，意為\_\_\_\_\_\_\_\_。

2. view A as B 與take A as B用法意思相似，意為\_\_\_\_\_\_\_\_。

⮚ 相似的用法還有see/look upon/think of/regard A as B。

consider A (to be) B意思相近，但不用as。

Try it

1. Whether we will be happy or not mostly depends on \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_.

2. From what experience can we achieve happiness?

第六段

Give ourselves permission to be human.

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

You Should Know

1. 「包含」有兩種用法，(1) including/inclusive of + N (2) N + included。

2. 本段中「ones」指前面所提到的\_\_\_\_\_\_\_\_\_，意即「one」可代替之前講過的同一種東西。

3. all the time意為\_\_\_\_\_\_\_\_\_。

4. lead to意為\_\_\_\_\_\_\_\_\_。

👉 以lead to句型翻譯下列文句。

Joe的酒駕造成一場車禍。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Try it

1. How can we truly feel happy?

2. What may happen if we keep hiding negative feelings?

第七段

Express gratitude, whenever we can.

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

You Should Know

1. take someone/something for granted意為\_\_\_\_\_\_\_\_。

2. be grateful/thankful to someone for something意為\_\_\_\_\_\_\_\_。

*e.g.* We should never **take** our parents **for granted**. Instead, we should **be grateful to** them **for** everything they give us.

(我們不該把父母視為理所當然。反而，我們應該對他們所給予的一切表達感謝。)

Try it

1. How can we learn to appreciate and treasure what we have?

2. True/False

A smile from a stranger is never something we should be happy about.

第八段

Remember the mind­body connection.

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

You Should Know

1. have an impact on someone/something意為\_\_\_\_\_\_\_\_。

*e.g.* Air pollution has \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ impact \_\_\_\_\_\_\_\_ people’s health.

(空氣汙染對人們的健康有負面影響。)

2. physically and mentally healthy意為\_\_\_\_\_\_\_\_。 physically and mentally分別指的是\_\_\_\_\_\_\_\_和\_\_\_\_\_\_\_\_。

Try it

1. How can we have a healthy body and mind?

第九段

Happiness lies at the intersection of pleasure and meaning.

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

You Should Know

1. engage in + something意為\_\_\_\_\_\_\_\_，也可以替換為take part in或 participate in。

2. those who意為\_\_\_\_\_\_\_\_，也可替換為people who。

*e.g.* God helps those who help themselves. (天助自助者。)

Try it

1. Where can we derive pleasure from?

2. How can a meaningful and interesting job benefit us?

第十段

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

You Should Know

1. the key to happiness意為\_\_\_\_\_\_\_\_。

*e.g.* 翻譯下列句子。

成功的關鍵為堅持。

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. what’s more意為\_\_\_\_\_\_\_\_，相似用字還有\_\_\_\_\_\_\_\_、\_\_\_\_\_\_\_\_。

*e.g.* I like swimming in summer. It cools me down. What’s more, it helps me stay fit.

(夏天時我喜歡游泳。它讓我感到涼快。此外，它幫助我保持體態。)

Try it

1. How can we achieve happiness?

2. Do you agree that the tips in this article do help us achieve happiness? Why or why not?