

# Are You Happy?



## Reading

What makes people happy or unhappy? What are the ingredients of happiness? Of course, answers differ from person to person. Two elements are obvious, however: social relationships and temperament.

Everyday stress usually stems from troubled relationships with others. So if you are satisfied with your dealings with family members, friends, neighbors and colleagues, you are probably quite happy. Conversely, if your relations with these people bother you, you are likely to lead a very unhappy existence.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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