

**Happiness is very important to individuals
but it is very hard to define.**

Why is happiness hard to define?

What is your definition of happiness?

练习：从句混合+简单句

P191



If you ask people what the most important thing in life is,
most will respond “happiness”,

but if you ask people to define happiness,
you will soon discover (that) you get very different answers.

How can something so fundamental to all humans be so hard to define?

必不可少的

No doubt it has something with happiness largely being subjective.

译文：无疑，幸福在很大程度上是主观的。

此句语法具体讲解请看下文。

No doubt **it has something with** happiness largely being subjective.

1. No doubt + 句子 = There is no doubt that + 句子
2. **it** 代指上文的 something so fundamental
3. **has something with** 与.....有关

= No doubt it has something with *happiness* which is largely subjective.

No doubt it has something with *happiness* largely being subjective.

which (/ **who**) + 表一个长期的动作或状态的动词，

那么一般将 **which** (/ **who**) 省略，将这个动词变成 **doing** 形式。

例如：

China is a country which loves peace.

China is a country loving peace.

= No doubt it has something with *happiness* which is largely subjective.

No doubt it has something with happiness largely being subjective.

which (/ **who**) + 表一个长期的动作或状态的动词，

那么一般将 **which** (/ **who**) 省略，将这个动词变成 **doing** 形式。

① People who live in large cities are... Live 生活
= People living in large cities are ...

② Do you know the man who came here this morning?
(came不是长期的动作)

- 伴随
- 原因
- 时间

- He stood there **waiting** for the bus.
- **Feeling** tired, I went to bed early.
- Joe hurt his knee **playing** football.

■ doing 伴随

主语一样 ~~连词~~ ~~主语~~ ~~助动词~~ 动词原形
+ing

He stood there **waiting** for the bus.

He stood there and he waited for the bus.

Kate is in the kitchen and she is making coffee.

→ Kate is in the kitchen **making** coffee.

■ doing 原因

主语一样 ~~连词~~ ~~主语~~ ~~助动词~~ 动词原形
+ing

Because I felt tired, I went to bed early.

= **Feeling** tired, I went to bed early.

Being so angry, he could not go to sleep.

Because he was so angry, he could not go to sleep.

■ doing 原因

= **Not** know**ing** his address, I cannot write him.

- **Because** I do not know his address, I cannot write him.

- I stood there awkwardly, **as** I didn't know what to say.

= I stood there awkwardly, **not** know**ing** what to say.

■ doing 原因

■ **doing** 时间/当……的时候

= Joe hurt his knee **playing** football.

Joe hurt his knee while he was playing football.

= Did you cut yourself shaving?

Did you cut yourself while you were shaving?

- How often do you use your mobile phone?

举例

I use it every single day. To be honest,
I can't live without it because I use it to do
so many things: talking with my friends
no matter where I am, reading e-books,
listening to music and even buying things
on websites.

- How often do you use your mobile phone?

举例

I use it every single day. To be honest,
I can't live without it because I use it to do
so many things: talking with my friends
no matter where I am



I use it when I talk with my friends.

It is hard to define happiness =Happiness is hard to define

because what makes us happy varies so much.

one person might like travelling to new places
and meeting new people.

Another person might find happiness in sports and
others in other things.

Because we all have different personalities and hobbies,
it only makes sense that we define happiness in different ways.

Personally, happiness means a couple of things to me.

One **way** I define happiness is by the quality of my relationships.

特殊!!!

① 省略 ② that ③ in which

When I have good friends I can rely on *and*
people around me who understand me and are loyal to me,
I feel happy.



It is hard to be happy when alone, so I value my friendships
and work hard at them **so that** when I am feeling down,
I know I have the support I need.

So as a conjunction

We use so as a subordinating conjunction to introduce clauses of result or decision:

*I got here late. It was a long journey, **so** I'm really tired now.*

*You are right, of course, **so** I think we will accept what the bank offers.*

*It's much cheaper with that airline, isn't it, **so** I'll get all the tickets for us with them.*

So and *that*-clauses

We use so + *that* as a conjunction to introduce clauses of reason and explanation:

*They both went on a diet **so that** they could play more football with their friends.*



Another aspect of happiness for me is
having work that is meaningful and rewarding.

Let me be clear about this:

I am not talking about how much money a person makes.

That is not real happiness.

What I am talking about is being able to use one's skills
and feel that one is making a difference.

This is a source of real happiness for me.

To conclude, happiness is a state of being that each of us defines.

We do not need to worry about comparing ourselves to others.

That only leads to disappointment. Happiness is in our own hands.

1
Goal
目标

2
Planning
计划

3
Training
训练

收获

 微博：李里-学为贵

