

2017-05-18 Thursday Juan Llobell Marek Connell English notes

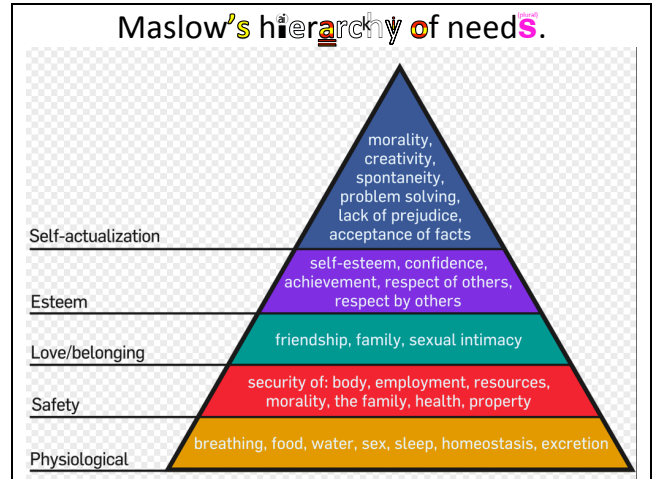
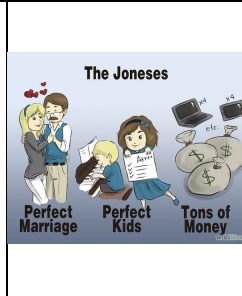
to wallow (revolcarse)

To receive a pay rise.

Death bed (lecho de muerte)

Look at Mirar
Look for
search for Buscar
seek for

"To keep up with the Joneses." (or) Keeping up with the Joneses
 (An imaginary American family that represent perfection and live The American Dream.)



To keep up [apirensis] appearances. maintain an impression of wealth or well-being.

To buy into something.

Each for theirs (cada uno a lo suyo)
 each to their own.

intro

Most people in the world would agree that happiness is what most of us aspire to have an abundance of in our lives and we literally spend a lifetime searching for it. Ironically however, there is no lack of stories of people being on their death beds, regretting the moments they haven't truly enjoyed.

pursuit of happiness. is it worth it?
 But are we, as a society becoming obsessed with this possibly unreachable ideal?

Hollywood and the media put us under constant pressure to keep up with the Joneses. Happiness in films is generally represented as having a perfect job, family and partner. Never getting dirty, never stepping out of line and never doing anything wrong.

Off course, these things are important. Maslow's hierarchy of needs illustrates the basic necessities of man. Food and shelter are essential. Sex and love and relationships are a must and self actualisation is nice to have.

(1 or 2 happy situations.)
 In my life my happiest moments have come from

being alone - bike trips
 music -
 It was not the medal itself that created the sense of happiness but more the

happiness is doing what you enjoy doing.

Factors influencing happiness.
 success
 love
 compliments