

## Life style

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 person desire. Priests, monks, and nuns are the most common representatives of this group. By refraining from worldly passions, they think they are happy because they live their lives in according with religious command. But, can you be genuinely happy without personal freedom?

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 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 of the world and you place in it.

### Vocabularies

*Wield*: exercise (influence) effectively

*Representative*: typical example of something

*In accordance with*: in conformity with

*Autonomy*: self government; independence

*Turn ones back on*: abandon, ignore, or reject

*Who know?:* It is not possible to know at the moment.

### Questions for discussion:

1. According to the essay, how many different life styles are there?
2. How do you understand the expression "to turn one's back on the world" mean?
3. Based on the essay, how do you define happines?