

5 The pursuit of happiness

7 Review

7 a Language in use (p. 83)

- 1 It's **really / very** important to reward yourself, in this way you'll feel more energetic and enthusiastic to complete more tasks.
- 2 Regular physical activity is **extremely / very / really** helpful to boost your happiness levels.
- 3 In many cases, the act of gift giving is **actually** more rewarding for the giver than the receiver.
- 4 **In fact**, people who show gratitude in their daily lives are **definitely** happier and healthier. OR People who show gratitude in their daily lives, **in fact**, are **definitely** happier and healthier.
- 5 It's **certainly** more beneficial to spend time with your loved ones in real life than on social media.
- 6 Trying something new **definitely/undoubtedly** encourages happiness and helps us break the monotony of daily routine.
- 7 When your happiness level is **just** about to drop below 60 %, you can **essentially** listen to a motivational podcast.
- 8 Even if you don't enjoy cooking for yourself, offering to cook for a friend or family member can **for sure** be rewarding / can be **very/really** rewarding.

7 b Language in use (p. 83)

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|----------------|---------------------|--------------|
| 1 from, to, of | 4 on | 7 to, for |
| 2 in, in | 5 of | 8 by |
| 3 on | 6 between, up, down | 9 with, with |

7 c Vocabulary (p. 84)

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|----------------|---------------|-----------------|
| 1 mentoring | 4 gratitude | 7 striving |
| 2 commitment | 5 recognised | 8 imperfections |
| 3 Job security | 6 exaggerated | 9 overshadow |