**Are You Happy?**

Two year ago, Chinese biggest TV Channel played an interview which brought great response to the audience. The interview is about a journalist asked a worker that if he felt happy, the worker didn’t react what the question is, he answered that he his name is not happy. The interview became hot, everyone was taking about it,“Are you happy” has become a greeting when people meet, they made fun of it. The reason why the interview becomes so popular is that people lack of sense of happiness today, they find a way to make fun of happiness. As the development of technology, people live in a fast-pace lifestyle, the pressure from work is so heavy that people focus too much on work, they don’t have time to relax, many people bring the work issues to home, keeping busy all

the time. We should find the balance between work and family life, try to enjoy life.