

## 幸福的概念 Concepts of happiness

Hello. Welcome to 6 Minute English, I'm Neil.

大家好。欢迎收听六分钟英语，我是内尔。

This is the programme where in just six minutes we discuss an interesting topic and teach some related English vocabulary.

在本节目中我们将在短短六分钟内讨论一个有趣的话题并教授一些相关的英语词汇。

And joining me to do this is Rob.

跟我一起的是罗伯。

Hello, Neil.

你好，内尔。

Now Rob, you seem like a happy chappy.

那么罗伯，你看起来像一个幸福的家伙。

What's the point of being miserable?

愁眉苦脸有什么意义呢？

Well, there are many things that could make you feel down in the dumps—a phrase that means 'unhappy'—but what are the things that keep you feeling happy, cheerful and chirpy, Rob?

嗯，有很多事情会让你感觉情绪低落——这个短语的意思是“不开心”——不过是什么东西让你保持幸福，开心和快活的呢，罗伯？

Oh, many things like being healthy, having good friends, presenting programmes like this with you, Neil!

哦，有很多，例如身体健康，有很好的朋友，和你，内尔，一起主持这样的节目！

Of course, but we all have different ideas about what makes us happy, and that can vary from country to country and culture to culture.

当然了，但是我们对于让我快乐的东西有不同的想法，并且因国家和文化而异。

It's what we're talking about today—concepts of happiness.

这就是我们今天要讨论的话题——幸福的概念。

Now Neil, you could make us even happier if you gave us a really good question to answer.

那么内尔，如果你能给我们出一个非常好的问题来回答的话，你就可以让我们更加快乐。

Here it is.

问题来了。

Happiness is an emotion that actually gets measured.

幸福是一种实际上可以被测量的情绪。

The World Happiness Report measures "subjective well-being" -how happy the people are, and why.

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世界幸福报告测量了“主观幸福感”——人们认为他们有多幸福，以及为什么。

But do you know, according to a United Nations agency report in 2017, which is the happiest country on Earth?

但是你知道根据一份2017年联合国的代理报告的内容，世界上最幸福的国家是哪一个？

Is it a) Norway b) Japan, or c) New Zealand?

是 A. 挪威，B. 日本，还是 C. 新西兰？

Well, I think they're all very happy places but the outdoor life of many New Zealanders must make New Zealand the happiest place.

嗯，我认为它们都是幸福感很高的地方，但是许多新西兰人的户外生活肯定让新西兰成为幸福感最高的地方。

OK, we'll see.

好的，我们待会再看。

I'll reveal the answer later on.

我稍后会揭晓答案。

But now back to our discussion about happiness around the world.

不过现在要回到我们关于世界上的幸福的讨论。

Happiness can be hard to define.

幸福很难定义。

Research has suggested that while personal feelings of pleasure are the accepted definition of happiness in Western cultures, East Asian cultures tend to see happiness as social harmony and in some parts of Africa and India, it's more about shared experiences and family.

研究表明尽管在西方文化中个人的愉悦感是被普遍接受的幸福的定义，但是在东亚文化往往将幸福视作社会和谐，而在非洲和印度的一些地方它更多地与共有的经历和家庭有关。

It's something author and journalist Helen Russell has been looking at-she's even created an 'Atlas of Happiness'.

这是作家兼记者海伦·拉塞尔一直在关注的问题——她甚至创造了一个“幸福地图集”。

Her research focused on the positive characteristics of a country's population-and guess which country she found to be one of the happiest?

她的研究专注于国家人口的积极品质——猜猜她发现哪个国家是最幸福的国家之一？

New Zealand?

新西兰？

Actually no. It was Japan.

事实上并不是。是日本。

Here she is speaking on BBC Radio 4's Woman's Hour programme.

以下是她在BBC电台4频道的《Woman's Hour》节目中的发言。

What concept, or belief, is it that promotes happiness?

究竟是什么概念，或信仰，促进了幸福？

Millennials and perhaps older people are better at remembering wabi-sabi- this traditional Japanese concept around celebrating imperfection, which I think is something so helpful these days, especially for women-it's this idea that there is a beauty in ageing, it's to be celebrated rather than trying to disguise it, or trying to cover up the scars, instead you gild them with kintsugi-if you break a pot instead of chucking it away, you mend it with gold lacquer, so the scars, rather than being hidden, are highlighted in pure gold...

千禧一代以及可能年龄更大的人更善于记忆“侘び寂び”——这个传统的日本概念，主要含义是赞美不完美，我认为这个概念如今非常有用，尤其是对于女性而言——正是这个概念讲的是美人迟暮应该被赞美而不是努力去伪装它，或努力去掩盖伤疤，相反地你会用漆金来让它变得光彩夺目——如果你打破了一个茶壶，不是把它扔到一边而是用金漆去修好它，这样伤痕没有被隐藏，反而在纯金中被强调.....

We all have laughter lines and rather than being ashamed of them, they're something to be celebrated.

我们都有笑纹，而它们并不是值得感到羞愧的东西，它们应该被赞美。

So in Japan, there is a belief that people should celebrate imperfection.

所以，在日本，有一种信仰是，人们应该欣赏不完美。

Imperfection is a fault or weakness.

不完美指的是缺点。

So rather than hiding something that's not perfect, we should celebrate it.

所以我们应该赞美不完美的东西，而不是把它藏起来。

Getting old, for example, is not something to be ashamed of-don't hide your wrinkles or laughter lines-these are the creases you get as your skin ages or even you get from smiling too much!

例如变老就不是应该感到羞耻的事情——不要隐藏你的皱纹或笑纹——这些是你的皮肤老化而产生的皱褶，甚至如果你微笑次数太多也会有！

Rather than spending time being ashamed of our faults, we should accept what and who we are.

我们应该接受我们的身份，而不是花时间为我们的缺点而感到羞耻。

This concept is something that Helen feels is particularly being celebrated by Millennials and older people.

海伦感觉这个概念尤其被千禧一代和年纪更大的人所赞美的。

Yes, and Helen compared this with the process of kintsugi-where the cracks or scars on broken pottery are highlighted with gold lacquer.

是的，海伦把这个比作漆金的过程——坏了的陶器上的裂纹或伤痕会用金漆让它突出。

This is called gilding.

这叫做镀金。

So we should highlight our imperfections.

所以我们会突出我们的不完美。

This concept is something that maybe English people should embrace more because according to Helen Russell's research, they are not a very happy population.

也许英国人应该更加接受这个概念，因为根据海伦·拉塞尔的研究，它们并不是很幸福。

Here she is speaking on the BBC's Woman's Hour programme again-what word does she use to describe people like me and you?

以下还是她在BBC的《Woman's Hour》节目中的话——她用了哪个词来描述像你我这样的人？

In England what we have is 'jolly', which many of us now associate with this kind of 'jolly hockey sticks' or maybe an upper-class thing but actually it's something that really plays through a lot of British culture in a way that we may not think of so much.

在英格兰我们有“乐呵呵”这种说法，这个词我们很多人都把它跟这种“欢乐的曲棍球棒”，或者也许是上层社会的东西联系在一起，但是事实上它以一种我们可能没有注意到的方式存在于英国文化的很多方面。

So there's this sense that in a lot of our comedy, in a lot of our approach to life you just sort of...you get out there, you go for a dog walk, you have a boiled egg and soldiers, and we do sort of get on with things-it's a coping mechanism, it's not perfect but it's worked for many Brits for a while.

所以在我们的很多喜剧中，在很多我们应对生活的方式中，你可能.....你在那里散步遛狗，你拿着一个煮熟的鸡蛋和吐司（这里指的是一小片吐司，可以用来蘸到鸡蛋里面吃），然后我们可以说在应付各种情况——这是一种应对机制，它并不完美，但是它对很多英国人来说能暂时奏效。

In the past we would use the phrase 'jolly hockey sticks'-a humorous phrase used to describe upper-class school girls' annoying enthusiasm.

在过去我们会使用“欢乐的曲棍球棒”这个短语——这个是个幽默的短语，描述的是上层阶级女学生令人讨厌的热情。

But Helen now thinks 'jolly' describes an attitude that is used as a coping mechanism-that's something someone does to deal with a difficult situation.

但是海伦现在认为“乐呵呵”描述的是一种态度，它被用做一种应对机制——这指的是某人用来应对某种艰难处境的东西。

We smile, do everyday things - like walking the dog - and just get on with life.

我们微笑着做着日常事务——例如遛狗——然后继续生活。

I guess she means carry on without complaining.

我想她的意思是毫不抱怨地继续。

Well, here's something to make you happy, Rob-the answer to the question I asked you earlier, which was: according to a United Nations agency report in 2017, which is the happiest country on Earth?

好的，这里有一些让你幸福的东西，罗伯——我之前问你问题的答案，问题是：根据联合国2017年的一份代理报告，地球上最幸福的国家是哪一个？

Is it a) Norway, b) Japan, or c) New Zealand?

是 A. 挪威，B. 日本，还是 C. 新西兰？

And I said c) New Zealand.

我说的是 C. 新西兰。

The answer is a) Norway.

答案是 A. 挪威。

The report has been published for the past five years, during which the Nordic countries have consistently dominated the top spots.

这份报告连续发布了五年，在这期间，北欧国家一直占据榜首。

OK, now it's time to remind ourselves of some of the vocabulary we've mentioned today.

好的，现在该提醒我们自己一下今天提到的一些词汇了。

We mentioned the phrase down in the dumps, which is an informal way of describing the feeling of unhappiness, sometimes with no hope.

我们提到了短语情绪低落，这是一种描述不开心，有时候是没有希望的感觉的非正式的说法。

The next word was imperfection, which is a fault or weakness.

下一个词是不完美，意思是缺点。

You won't find any imperfections in this programme, Rob!

你在这个节目里找不到任何不完美的地方，罗伯！

Glad to hear it.

听到这话我很开心。

Maybe we should gild this script-to gild something is to cover it in a thin layer of gold.

也许我们应该给这个文稿镀金——镀金的意思是用一层薄薄的黄金把它盖住。

We also heard about the word jolly which means 'cheerful and happy'.

我们还听到了“乐呵呵”这个词，意思是“开心愉快的”。

And being jolly can be used as a coping mechanism-that's something someone does to deal with a difficult situation.

保持微笑可以被用作一种应对机制——这指的是某人用来应对某种艰难处境的东西。

If something doesn't go well, you just smile and carry on.

如果事情进展不顺利，你会面带微笑地继续。

Well, there's no need to do that in this programme.

好的，在这个节目中没有必要这样做。

Now there's just time to remind you that we have a website with lots more learning English content.

现在是时候提醒你们我们有一个涵盖了丰富的英语学习的内容的网站。

The address is [bbclearningenglish.com](http://bbclearningenglish.com). Thanks for joining us and goodbye.

地址就是**bbclearningenglish.com**。感谢收听，再见。

Goodbye!

再见！