If you’re in college or you went to college, you are part of the lucky 7% worldwide elite. You’re unlikely to ever live at a subsistence level like almost 60% of the population and you surely won’t ever be starving like almost 25% of the world population.

如果你身在大学或者你要去上大学，那你就是世界上最幸运的7%的精英之一。你也不太可能像世界上60%的人那样生活在贫困线上，更不可能像25%的人那样忍饥挨饿。

But you’ve heard stuff like this before. And it doesn’t actually help, right? Yeah, you’re lucky, but you still struggle with your confidence, you still feel socially anxious, you still suffer from feelings of inadequacy, you still stress about money/work/debt/family/friends. Your love life is still a mess. Sure, you’re eating well and you have a nice TV and car and you can do long division and code in PHP, but your life isn’t exactly peachy either.

这种说法你或许早就听过，但这似乎并没什么用，对吧？的确，你是幸运的，但你仍然缺乏信心，你会有社交焦虑，经受匮乏之苦，因金钱、工作、债务、家庭和朋友等而倍感压力。你的生活仍然是一团糟。当然，你现在吃的不错，而且有很好的电视和汽车，你还会编写PHP代码，做长除法运算等，但你的生活却没有变得特别好。

For decades, research has tied gratefulness and appreciation to happiness. People who are happier tend to be more grateful and appreciative for what they have.

几十年来，研究表明感恩和赞赏对幸福至关重要。那些生活更美满的人更加懂得对他们所拥有的心怀感恩。

But what they’ve also found is that it also works the other way around: consciously practicing gratitude makes one happier. It makes one appreciate what one has and helps one to remain in the present moment. Practicing gratitude increases accountability which directly leads to higher self-esteem and happiness. Not to mention it makes one more pleasant to be around and creates a more magnetic personality.

但他们同样发现，这个规律反过来也同样适用。尝试着学会感恩会让人更加幸福。这会让人对自己所拥有的心存感恩，并帮助人活在当下。尝试着感恩会让人更有责任心，而责任心让人拥有更强的自尊心和幸福感。更不用说它会让人更开心地与人相处，从而形成更强的人格魅力。

1.**elite**[eɪˈliːt]

 知识分子；精英；

2.**live at a subsistence level**

  维持最低水平的生活；

3.**struggle with**

  与…斗争；挣扎于…；

4.**socially anxious**

  社交焦虑；

5.**inadequacy**

  不足；不充分；

6.**long division**

  [数]长除法；

7.**PHP**

  服务器端编程语言（Professional Hypertext Preprocessor）；

8.**peachy**

  愉快的；极好的；

9.**For decades**

  数十年来；

10.**the other way around**

  倒过来；从反方向；

11.**accountability**[ə,kaʊntə'bɪlɪtɪ]

  义务；责任；

12.**self-esteem**

  自尊；

13.**Not to mention**

更不用说；不必提及；

14.**magnetic personality**

  个人魅力；