### **Happiness varies greatly from person to person**

Happiness is something we all strive for in life. However, what constitutes happiness varies greatly from person to person. A new study into the state of being happy shows that our contentment depends on the interaction of a wide variety of factors. Emorie Beck, assistant professor of psychology at the University of California, led an investigation into what makes us happy. Understanding this could help mental health professionals to provide better treatments for people struggling with depression and anxiety. Professor Beck wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in the journal "Nature Human Behaviour".

Professor Beck suggested that happiness can come from external circumstances (like income, job satisfaction, and possessions) or internal feelings. Beck wrote about three models of happiness. The first is the "bottom-up" frame of mind. This is based on our overall satisfaction with factors like wealth, jobs and relationships. This framework is the one used for the World Happiness Report. The second model is a "top-down" perspective. This suggests happiness comes from internal attitudes towards life. People can control this through things like meditation or therapy. The final model is a bidirectional one. This is where the bottom-up and top-down models interact to create happiness.

**Homework:**

1. Write a full sentence answer for each question below.
2. What does the article say we strive for in life?
3. What did the study say our contentment depends on?
4. What kind of professionals could the study help?
5. What could the study lead to better treatments in besides depression?
6. What's the name of the journal in which the research is published?
7. What external circumstance was there besides income and possessions?
8. What was the first model of happiness to be mentioned?
9. What is the first-mentioned model used for?
10. What can people do to control their internal attitudes?
11. What does a bidirectional model of happiness allow other models to do?

**Academic Writing**

* Write about happiness for 10 minutes.