Directions:Happiness is very important. It can bring people strength. Many people get happiness in different ways. How do modern people get happiness？

　　作文要求

　　1：人们对于如何提升幸福感有不同的看法

　　2：幸福感的提升不仅包括物质层面，也包括......

3：自己是从哪里获得幸福感的？

How do modern people get happiness？

Happiness seems to be an inevitable part of human’s life since human was born. So, there is no doubt that many(quite a few) people attach great importance to their happiness. However(nevertheless), the notion of happiness varies from person to person, so does the sense of happiness.

The enhancement of happiness is so vague that no one could ever tell how the feeling of happiness enhances exactly. For some guys, they may(are likely to) find themselves in ~~great~~ felicity when their material needs are met perfectly. Actually(as a matter of fact), the rise of the sense of joy exists not merely(only) in material, but also in spirit. “Man’s greatness lies in his power of thought.” The saying said by(from) Blaise Pascal, a French mathematician, mirrors the true happiness of life - spirit. Being of vital importance, our spirit helps us cope with different facilities in life, and defines our aims and dreams. A steadfast spirit enriches our life, making us purposeful and persistent. So to get happiness, many people will attempt to achieve their goals, or to do(take) some relaxing activities that can ease their mind. It is during(in the course of) the process we struggle for our targets that we find ourselves gain the sense of achievement and gratification, which are integral to happiness.

When it comes to the way(mode) I try to obtain my happiness, I would like to say that the most efficient method is to do what I’m willing to do. Only if I have the freedom to arrange my life can I lead a life I dream of and gain happiness from everything I do.

In conclusion, meeting material and mental needs in order to get satisfaction is the most popular way modern people choose to get happiness.