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- 对于17世纪的人来说，现在的全优生的工作量是超乎想象的。
- 一天大多数时间泡在办公室里就没有时间和家人和朋友相处了，明明他们才是最给自己带来幸福感的人。
- 久坐对身体很不好，如果没有充足的户外活动，他们很难抵御疾病。



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The world has changed dramatically in terms of the intensity of competition one must go through before achieving success.

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The amount of work one straight A students must perform would have been unbelievable for someone his or her age in the 17th century.

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Spending a big part of the day in the office means that there is less time to spend with family and friends, who are generally their main sources of happiness.

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Their sedentary lifestyle leads easily to a decline in health, because without sufficient outdoor activities they cannot guard against illness and disease.

