**英语作业（修改版）**

**注：有下划线部分是被下面或旁边的橙色文字替换掉的**

**因为改动较大，可直接看改后的全文（往下翻）**

Is happiness the most important thing

**Let there be happiness**

When you ask someone whether the happiness is the most important thing, some may pleasantly nod their heads, while others may hold the opposite opinion that many other things reign supreme in our life rather than happiness. I used to decisively say no to this question, but now I embrace the perspective that happiness is the most important thing in our life.

**Happiness used to reign in our blissful childhood. When we are children, we knew the true sweet taste of happiness. I still remember a scene that a little girl was throwing and catching a plastic bag, jumping with springs under her feet and grinning from ear to ear. I glanced at such a rosy scene when hurriedly rushing for the deadline of something. Most of time, We are studying and working like running machine, and depression and stress are poised to attack or have conquered our mind. This phenomenon is evidently demonstrated by the steadily surging prevalence of depression. I am apprehensive that the value of happiness will be ignored by us while we are busy in pursuing wealth or success, so I want to loudly say let happiness be in our life.**

**Happiness has magic power to improve us physically and mentally. Bacon once said “In eating, sleeping, and exercising, a calm and joyful mind is one of the best secrets of longevity.”There exist surveys showing happiness can effectively prevent diabetes, strengthen the immune system and improve the release of endorphin, a kind of natural painkiller. As for mental aspect, having the capacity to experience happiness and enjoyment is a typical symbol of good psychological condition. Significant though happiness is, not many people are literally at its company. In current society, happiness is thin air, and most of us are breathless.**

**When involution become a major popularity in our city, it is inevitable for many people to spend the time for relaxation on countless work. They spend more time forcing themselves to study or work unhappily and exhaustedly, but they can have more worked pleasantly and effectively after taking short break and bringing happiness back.** Happiness is magical power that drives our bodies to take action **and boost working efficiency**. One study has demonstrated that the efficiency of the workers who feel happy is 13% higher than that of unhappy workers. Apart from the statistic, the statement makes sense in our daily life. When happiness surges in your **(our)** heart，you can literally pay attention to things on hand and you are poised to complete tasks perfectly.**(we are more willing to embark on things on hand and strive to complete the tasks to the best of our ability.)** It seems like happiness is produced in your **(our)** mind and then transmitted to hands and legs by blood, making them stronger.

However, someone will argue that the spirits which people sing highly of, such as perseverance, bravery, diligence are more valuable than happiness .Those spirits are essential to our life, but happiness is the most important because the source of those spirits is the pursuit of happiness. Let's recall the life in senior high school. Stressful through it was, we still be diligent and persistent to pursue happy life in ideal university. What’s more，red army soldiers went through grasslands, climbed up mountains, crossed long bridges during the long march. The revolutionary optimism which supported the red soldiers to move forward, is the wishes to live a happy live in the future. So perseverance, bravery, hardworking are worthwhile to be celebrated, but we should know happiness they are rooted in happiness. Perhaps we can't savor the sweet of happiness now, but it means we exchange present small happiness for bigger happiness bigger happiness in the future.

**"A hearty laugh is like a room full of gold, dazzling the eyes."Flaubert said. Laughter is the most direct and expressive way to show our happy mood. However, some people regard laughter and other expressions of happiness as a shame. The reason of this mindset is rooted in the anxiety of hardworking and the fear of future failure. For instance, it is a common emotion of people preparing for an important examination. When they are worn-out after a period of studying, they are eager to relax, but an inner voice would tell them that other people are still buried in studying and they should persist , or they are probably fail in exam. The logic we treat other pursuits in our life is in line with this. We are deprived of the right of happiness and laughters by ourselves. But, in fact happiness does not contradict the success and pursuits. If we sacrifice our wellbeing to get success, our life would lose its meaning at last. Many great persons have their interests companying them in the way of fighting for goals. Chairman Mao was passionate about swimming, and Yuan Longpin liked playing violin. So find your interests and gain irreplaceable and valuable happiness from it.**

Entertainment is not equal to happiness. Entertainment can bring us temporary excitement and fun, but happiness is more meaningful. And the more people you can give happiness to, the happier you will be. HuangWenxiu, who was recognized as the daughter of the mountain, returned her hometown after she graduated from college, rejecting lots of high paying offers. Though she encountered barriers, doubts and setbacks, never did she lose faith. What supported her to solve problems step by step was the belief of leading the villages in her hometown bringing happier life to them to get rid of poverty even if she needed to sacrifice her happiness in the process. Martin Luther King had a dream to bring equality and fairness to black people, aiming to bring a happier and more peaceful world. Both of them were on the same boat, and what they managed to do is spreading happiness.

Happiness can not only be present thing that can stimulate the impetus to live a good life, but also be a goal in the long term, offering energy for us to keep going. Happiness can be personal, and it also belongs to society, country and world. It combines the time and space, acting as the most important melody in our life. Happiness is the thing people are acquainted with, also the thing whose importance is easily ignored. Happiness is definitely the most important thing in our life, so enjoy it, appreciate it, and spread it.

**Let there be happiness. As Lin Huiyin, a poet ,once wrote in a poem, I wish that “your laughter lit up the wind on all sides.”**

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Comments from Lydia:

First off, I want to say that this writing piece is truly heartfelt and conveys a powerful message about the importance of happiness in our lives. I am more than delighted to see your effort in imitating the text we learned in class. Your use of personal anecdotes and quotes adds a warm touch, making it relatable and engaging for readers. It’s evident that you have a strong passion for the subject, and that enthusiasm shines through your words.

Now, let’s talk about some of the strengths of your writing. The way you paint vivid images, like the scene of the little girl and her plastic bag, is fantastic. It helps readers connect emotionally with your message. Additionally, your references to studies and quotes from well-known figures lend credibility to your arguments about the benefits of happiness, both physically and mentally. The structure of your piece allows for a natural progression of ideas, moving from personal reflections to societal observations.

However, there are always areas for improvement, and that's part of the writing journey! One suggestion would be to enhance the coherence of your arguments. While your points are strong, making sure each paragraph clearly links back to your central thesis about happiness could help strengthen the overall flow. For instance, some transitions between ideas feel a bit abrupt, and a few connecting phrases could guide readers more smoothly through your arguments. In terms of clarity, simplifying some of the more complex sentences could strengthen your message. For example, breaking down longer sentences into shorter ones might make it easier for readers to digest your ideas. Additionally, some phrases could be rephrased for clarity. For instance, the term "involution" might confuse some readers since it's not commonly used in everyday language. It could be helpful to use more straightforward expressions or provide a brief definition. Language use is another area to consider. While your vocabulary is impressive, balancing it with everyday language might make your piece more accessible to a wider audience. Avoiding overly complicated phrases will make your message resonate more broadly. Lastly, while your conclusion is touching, adding a call to action could empower readers to embrace happiness in their own lives. Encouraging them to take specific steps or reflect on how they can incorporate more joy into their daily routines could leave a lasting impact.

Overall, Good Job, Yuqing! I really enjoy reading this solid and heartfelt piece! With some attention to coherence, clarity, and language, it could truly shine. Keep up the great work, and I look forward to seeing how your writing evolves!