



The Biggest Lie the Rich Ever Told? That Money Can't Buy You Happiness

有钱人最大的谎言就是“钱买不到幸福”

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News just in: money does buy you happiness. In 2010, Daniel Kahneman, a Nobel prize-winning economist and psychologist, **came out with** the theory that there was a monetary “**happiness plateau**”. Once you hit an annual household income of \$75,000, earning more money didn't make you any happier. In 2021, the happiness researcher Matthew Killingsworth released a **dissenting** study, showing that happiness increased with income and there wasn't evidence of a plateau. Now the pair have released a new study finding that they were both **sort of** right, but Killingsworth was more right: for most people, earning more money makes you happier.

最新消息：钱确实能买到幸福。2010年，诺贝尔经济学奖得主、心理学家丹尼尔·卡尼曼提出了一个理论，指出存在一种金钱上的“幸福高原”。一旦你的家庭年收入达到7.5万美元，赚更多的钱并不会让你更快乐。2021年，幸福研究员马修·基林斯沃思发布了一项结果与之相反的研究，表明幸福感随着收入的增加而增加，并没有证据表明存在一个平台期。如今，两人发布了一项新研究，发现他们的观点都有道理，但基林斯沃思更胜一筹：对大多数人来说，赚更多的钱能让你更快乐。

No **offence** to these very smart researchers, but this feels like one of those studies that you can file under “pretty goddamn obvious”. You don't need **sports cars** and private **jets** to be happy, but you do need **shelter** and stability – and those things cost a **fortune** these days. Housing affordability in the US is at a record low and the average American household needs to spend 42.9% of its income to afford a median-priced house, according to new data. It's the same story in the UK:

come out with 说出，提出 | The things he comes out with are so funny! 他说的话真有趣！

◇ 背景知识

happiness plateau

幸福高原，指在人们达到一定的收入或物质财富水平后，尽管收入或财富进一步增加，个人的幸福感或生活满意度不会显著增加。换句话说，虽然物质财富可以增加幸福感，但超过一定水平后，额外的财富对个人的幸福感没有显著影响。

dissenting [di'sentiŋ] *adj.* 不同意的，持异议的

sort of 有几分，有那么一点 | I sort of like him, but I don't know why. 我有点喜欢他，但不知道为什么。

offence [ə'fens] *n.* 冒犯，侮辱；违法行为，犯罪 | No offence, but I'd really like to be on my own. 我无意冒犯，但我确实想自己一个人待着。

sport car 跑车

jet [dʒet] *n.* 喷气式飞机，喷射流

shelter ['ʃeltə] *n.* 居所，住处；遮蔽，庇护 | Human beings need food, clothing and shelter. 人类有衣、食、住的需求。

houses are at their least affordable since 1876.

无意冒犯这些非常聪明的研究人员，但这感觉像是那些你可以归档到“不用你说我也知道”的研究之一。你不需要跑车和私人飞机来获得快乐，但你确实需要住所和稳定——而这些东西在今天要花一大笔钱。最新数据显示，美国住房购买力创历史新低，一个普通美国家庭需要花费 42.9% 的收入才能买得起一套中等价位的房子。英国的情况也一样：房价处在 1876 年以来最难负担的水平。

And then there's retirement. Stressing about whether you're going to have to **survive on** cat food in your old age is generally not **conductive** to happiness. In the US, most companies don't offer proper **pensions** any more. In the mid-1980s, about half of private sector workers had a defined-benefit pension plan; in 2022 only 15% of people in the private sector **had access to** them.

然后是退休。担心自己年老时会不会要靠猫粮生存通常不利于幸福。在美国，大多数公司不再提供适当的养老金。在 20 世纪 80 年代中期，大约一半的私企员工有固定收益养老金计划；到 2022 年，只有 15% 的私企员工能获得养老金。

Don't get me started on the cost of childcare. A 2019 study found that, in many industrialised societies, there is "a decline in individuals' subjective wellbeing – either happiness or life satisfaction – once parenthood begins" – something researchers have called the "parenting happiness gap". Americans have the largest parenthood happiness gap. That's largely **down to** the cost of childcare and the lack of paid holiday and sick days people can take. Earn enough money, of course, and you can **paper over** these structural **cracks** with hired help.

别让我提育儿费用。2019 年的一项研究发现，在许多工业化国家，“一旦为人父母，个人的主观幸福感（快乐或者生活满意度）就会下降”，研究人员称之为“育儿幸福落差”。美国人的育儿幸福落差最大，这主要是由于儿童保育成本高，以及人们没有带薪假期和病假。当然，赚到足够多的钱，你就可以雇帮手来掩盖这些结构性裂缝。

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fortune ['fɔːrtʃən] *n.* 大笔的钱，巨款；机会，运气；命运，前途 | That ring must be worth a fortune. 那只戒指肯定要值好多钱。

survive on 靠……维持生计 | How does the family survive on such a small monthly wage? 这一家的月收入这么少，怎么活命呢？

conductive [kən'duːsɪv] *adj.* 有助于……的，有益的 | Teachers need to create an atmosphere that is conducive to learning. 老师需要营造一种有助于学习的氛围。

pension ['penʃn] *n.* 养老金，退休金 | draw a pension 领取养老金

have access to 有权利享受，有机会获得 | Only 40% of 5-year-olds have access to pre-school education. 5 岁孩童中只有 40% 能享受学前教育。

down to 是……的结果；由……负责 | Chris's success is all down to him. 克里斯的成功完全是他自己努力的结果。

paper over 掩盖，掩饰 | We can't just paper over the problem. 我们不能就这么掩饰这个问题。

crack [kræk] *n.* 裂缝，缝隙；缺点，缺陷 *v.* 破裂，裂开 | He squeezed into a crack between two rocks. 他挤入两块岩石之间的缝隙中。

corrective [kə'rektɪv] *n.* 起纠正作用的东西，修改，纠正 *adj.* 改正的，纠正的 | I should like to add a corrective to what I have written

While this study's conclusions may seem obvious, I think it serves as an important **corrective** to a narrative that a lot of people in power have been trying to push. It's funny how a lot of **obscenely** rich people are **fixated** on trying to tell everyone else that money doesn't make you happy. See, for example, the CEO of Google recently telling all his employees that "having fun ... shouldn't always **equate to** money" after cutting staff benefits. It is very convenient to pretend that money isn't important when you're busy trying to **hoard** a lot of it yourself.

尽管这项研究的结论似乎显而易见，但我认为它对许多当权者一直想要推销的一种说法起到了重要的纠正作用。有趣的是，很多富得流油的人总是执迷于告诉别人“钱并不能让你快乐”。例如，谷歌的首席执行官最近在削减员工福利后告诉所有员工，“快乐……不应该总跟钱划等号”。当你自己忙着攒钱的时候，假装钱不重要是很轻松的。

previously. 我想对我先前写的内容进行补充修改。

obscenely [əb'si:nli] *adv.* 极其，非常 | obscenely rich 极其富有的

fixated [fik'setɪd] *adj.* 专注的，迷恋的 | He seems fixated on losing weight. 他似乎迷恋上了减肥。

equate to 相当于，等于 | A \$5,000 raise equates to 25%. 加薪 5000 元相当于增加了 25%。

hoard [hɔ:rd] *v./n.* 贮藏，囤积 | People panicked and started hoarding food. 人们惶恐不安，开始贮藏食物。

➤ 脉络梳理

- Para. 1 提出论点：钱确实能买到幸福，赚更多的钱能让你更快乐
 Para. 2-4 分析原因：住房、养老、育儿都需要钱做支撑
 Para. 5 总结全文，指出“钱买不到幸福”不过是富人的谎言

➤ 长难句拆解

