

# 0062 A New Dimension to a Meaningful Life 有意义的生活的新维度

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## 1. A New Dimension to a Meaningful Life 有意义的生活的新维度

Many scholars agree that / 主 a subjectively 主观地；臆想地；内省地 meaningful existence 谓 often **boils down to** 概括；归纳；压缩 three factors: the feeling /that one's life is coherent 合乎逻辑的；有条理的,连贯的 and “makes sense,” the possession 具有；拥有 of clear and satisfying long-term goals /and the belief that one's life matters (v.) in the grand scheme 计划；方案 of things. Psychologists call (v.) these three things /coherence 连贯性；条理性, purpose 意图；目的 and **existential** 关于人类存在的；与人类存在有关的 **matter**ing.

### Example 1. 标题

*boil 'down, boil sth  $\longleftrightarrow$  'down*

to be reduced or to reduce sth by boiling (使) 煮浓, 熬浓

*boil sth 'down (to sth)*

to make sth, especially information, shorter by leaving out the parts that are not important 概括；归纳；压缩

• 主 The original speech I had written 谓 **got boiled down to** about ten minutes. 我写的演讲原稿被压缩到了大约十分钟。

*boil 'down to sth*

( of a situation, problem, etc. 局势、问题等 ) ( not used in the progressive tenses 不用于进行时 ) to have sth as a main or basic part 归结为；基本问题是

• In the end, 主 what it all **boils down to** 系 is money, or the lack of it. 问题的症结是钱，或者说是缺钱。

许多学者认为，主观上有意义的存在通常归结为三个因素：感觉自己的生活是连贯的和“有意义的”，拥有明确和令人满意的长期目标，以及相信自己的生活宏伟的计划中很重要。事物。心理学家将这三件事称为连贯性、目的, 和存在重要性。

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## 2. A New Dimension to a Meaningful Life

Many scholars agree that a subjectively meaningful existence often boils down to three factors: the feeling that one's life is coherent and “makes sense,” the possession of clear and satisfying long-term goals and the belief that one's life matters in the grand scheme of things. Psychologists call these three things coherence, purpose and existential mattering.