

什么是"有意义的生活"? 满足 ①拥有"有价值的长期目标"(人生目标),②事业具有连贯性,能择一而终, ③身处一个宏伟的计划中, 并且"自己的存在"对其很重要. (如同曹操,刘备创业建立政权)

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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: ① the feeling that one' s life is coherent (a.)合乎逻辑的; 有条理的,连贯的 and "makes sense," ② the possession 具有; 拥有 of clear and satisfying long-term goals /③ 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 宾补 *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↔'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: ① 感觉自己的生活是连贯的和 "有意义的", ② 拥有明确和令人满意的长期目标, ③ 以及相信自己的生活, 在宏伟的计划中很重要。 心理学家将这三件事称为连贯性、目的, 和存在重要性。

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.