

TED演讲者: Ingrid Fetell Lee | 英格瑞德·菲特尔·李

演讲标题: Where joy hides and how to find it | 快乐藏在哪儿? 我们该如何找到它?

内容概要: Cherry blossoms and rainbows, bubbles and googly eyes: Why do some things seem to create such universal joy? In this captivating talk, Ingrid Fetell Lee reveals the surprisingly tangible roots of joy and shows how we all can find -- and create -- more of it in the world around us.

樱花和彩虹, 气泡和大眼睛: 为什么这些东西可以给每个人带来快乐? 在这场动人的演讲中, 英格瑞德·菲特尔·李为我们揭示了快乐的根源是实实在在的, 并且告诉我们该如何在身边寻找和创造快乐。

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It's 2008, and I'm just finishing my first year of design school.

那是2008年, 我刚刚完成 设计学院第一年的课程。[00:12]

And I'm at my first **year-end** review, which is a form of **ritual** torture for design students, where they make you take everything you made over the course of the year and lay it out on a table and stand next to it while **a bunch of** professors, most of whom you've never seen before, give you their **unfiltered** opinions of it.

第一学年末的评审正在进行, 这几乎算是每个 学设计的学生的噩梦, 因为需要你把你 这一年课程中所有的作品 摆在桌上, 你站在桌边, 一群教授, 他们中的大部分你可能都没见过, 会直接给出他们的意见。[00:18]

So it's my turn and I'm standing next to my table, everything **neatly** lined up, and I'm just hoping that my professors can see how much effort I've put into making my designs practical and **ergonomic** and **sustainable**.

轮到我了, 我站在自己的桌子旁, 所有东西整齐排成一行, 我只希望我的教授能看到 我为我的设计付出了多少努力, 让它们实用, 符合人体工学, 且可持续。[00:44]

And I'm starting to get really nervous, because for a long time, no one says anything.

但我开始越来越紧张, 因为很长一段时间都没人说话。[01:05]

It's just completely silent.

一片寂静。[01:10]

And then one of the professors starts to speak, and he says, "Your work gives me a feeling of joy."

终于一位教授开口了, 他说, "你的作品让我感到快乐。" [01:12]

**year-end**: adj. 年终的/n. 年终 **ritual**: n. 仪式; 惯例; 礼制/adj. 仪式的; 例行的; 礼节性的 **a bunch of**: 一群; 一束; 一堆 **unfiltered**: adj. 未滤过的 **neatly**: adv. 整洁地; 熟练地; 灵巧地 **ergonomic**: adj. 人类环境改造学的; 人类工程学的 **sustainable**: adj. 可以忍受的; 足可支撑的; 养得起的; 可持续的

Joy?

快乐? [01:19]

I wanted to be a designer because I wanted to solve real problems.

我做设计师是为了解决真正的问题。[01:21]

Joy is nice, I guess, but it's kind of light -- not **substantial**.

快乐算是不错的评价吧, 但是没什么分量..... 不是那么实在。[01:24]

But I was also kind of **intrigued**, because joy is this **intangible** feeling, and how does that come from the stuff on the table next to me?

但我也觉得好奇, 因为快乐是一种无形的感受, 为什么我桌子上的东西 会带来这种感觉呢? [01:31]

I asked the professors, "How do things make us feel joy? How do tangible things make us feel intangible joy?"

我问教授, "事物如何让我们感到快乐呢? [01:42] 有形的事物怎么会 让我们感受到无形的快乐呢?" [01:45]

They **hemmed** and **hawed** and **gestured** a lot with their hands.

他们嘀嘀咕咕, 挥舞双手比划了半天, [01:52]

"They just do," they said.

说, "它们就是会这样!" [01:56]

I packed up my things for the summer, but I couldn't stop thinking about this question ...

我收拾完行李准备过暑假, 但还是忍不住在想这个问题, [01:59]

and this launched a journey -- one that I didn't know at the time would take me 10 years -- to understand the relationship between the physical world and the **mysterious**, **quixotic** emotion we call "joy."

它也让我开始了一段旅程——当时我并不知道 这段旅程会持续10年之久——我想去理解物理世界和这神秘而虚幻的, 我们称之为“快乐”的情感 到底有什么关系。[02:05]

**substantial**: adj. 大量的; 实质的; 内容充实的/n. 本质; 重要材料 **intrigued**: adj. 好奇的; 被迷住了的/v. 引起...的兴趣; 使迷惑; 策划阴谋(intrigue的过去分词) **intangible**: adj. 无形的; 触摸不到的; 难以理解的 **hemmed**: 缝好边的/镶好边的 **hawed**: n. 山楂, 山楂果; 吆喝牲畜左转; 瞬膜/vi. 向左转/vt. 使向左转 **gestured**: n. 姿态; 手势/vi. 作手势; 用动作示意/vt. 用动作表示 **mysterious**: adj. 神秘的; 不可思议的; 难解的 **quixotic**: adj. 唐吉珂德式的; 狂想家的; 愚侠的

And what I discovered is that not only are they linked, but that the physical world can be a powerful resource to us in creating happier, healthier lives.

我发现, 它们之间不仅有联系, 而且物理世界对我们来说, 可以成为打造更快乐, 更健康生活的有利资源。[02:19]

After my review, I thought, "I know what joy feels like, but what is it, exactly?"

在那次评审过后, 我在想, "我知道快乐是什么感觉, 但快乐到底是什么呢?" [02:32]

And I found that even scientists don't always agree, and they sometimes use the words "joy" and "happiness" and **"positivity"**

我发现就连科学家 也得不出一致的结论, 他们有时候会将“快乐”“幸福”和“乐观”这几个词 [02:38]

<b>more or less interchangeably.</b>	互换着来用。[02:45]
But <b>broadly</b> speaking, when <b>psychologists</b> use the word joy, what they mean is an <b>intense, momentary</b> experience of positive emotion -- one that makes us smile and laugh and feel like we want to jump <b>up and down</b> .	但大体上来说,当心理学家 使用快乐这个词的时候,他们所指的是一种强烈却短暂的,乐观的情绪过程,会让我们微笑、大笑,兴奋得想要跳起来。[02:48]
And this is actually a technical thing.	其实这是一种技术性的过程。[03:00]
That feeling of wanting to jump up and down is one of the ways that scientists measure joy.	那种想跳起来的感觉 是衡量快乐的一种方式。[03:02]
<b>positivity</b> : n.积极性,确实 <b>more or less</b> : 或多或少 <b>interchangeably</b> : adv.[数]可交换地 <b>broadly</b> : adv.明显地;宽广地;概括地;露骨地;粗鄙地 <b>psychologists</b> : n.[心理]心理学家(psychologist的复数形式) <b>intense</b> : adj.强烈的;紧张的;非常的;热情的 <b>momentary</b> : adj.瞬间的;短暂的;随时会发生的 <b>up and down</b> : 上上下下;到处;前前后后;来来往往	
It's <b>different than</b> happiness, which measures how good we feel over time.	这跟幸福有所不同, 幸福是一种更加长久的感觉。[03:09]
Joy is about feeling good in the moment, right now.	而快乐指的是在那一刻感觉很好, 是当下的感觉。[03:13]
And this was interesting to me because as a culture, we are obsessed with the pursuit of happiness, and yet in the process, we kind of overlook joy.	这一点让我很感兴趣, 因为作为一种文化, 我们总是痴迷于追求幸福, 然而在这个过程中, 我们往往忽略了快乐。[03:18]
So this got me thinking: Where does joy come from?	这不禁让我思考: 快乐到底是从何而来的? [03:30]
I started asking everyone I knew, and even people I just met on the street, about the things that brought them joy.	我开始询问每一个认识的人, 甚至是在街头偶遇的人, 是什么让他们感到快乐。[03:36]
On the subway, in a café, on an airplane, it was, "Hi, nice to meet you. What brings you joy?"	在地铁上、咖啡馆中、飞机上, 我开门见山, "嗨, 很高兴认识你。什么会让你感到快乐呢?" [03:43]
I felt like a detective.	我感觉自己像个侦探, 不停问[03:50]
I was like, "When did you last see it?"	"你最近一次看到 让你快乐的东西是什么时候?" [03:52]
Who were you with? What color was it?	当时你跟谁在一起? 它是什么颜色的? [03:54]
Did anyone else see it?"	还有其他人也看到它了吗?" [03:56]
I was the Nancy Drew of joy.	我就是快乐界的神探南希。[03:58]
(Laughter) And after a few months of this, I noticed that there were certain things that started to come up <b>again and again</b> and again.	(笑声) 几个月后,我发现 有一些特定的事物 会一而再,再而三的出现。[04:00]
<b>different than</b> : 不同于 <b>again and again</b> : adv.再三地,反复地	
They were things like cherry <b>blossoms</b> and <b>bubbles</b> ...	比如樱花, 肥皂泡,[04:08]
swimming pools and tree houses ...	游泳池,树屋,[04:14]
<b>hot air balloons</b> and <b>googly</b> eyes --	热气球,还有大眼睛——[04:19]
(Laughter) and ice cream <b>cones</b> , especially the ones with the <b>sprinkles</b> .	(笑声) 还有冰淇淋甜筒, 尤其是上面撒了糖豆的那种。[04:23]
These things seemed to <b>cut across</b> lines of age and <b>gender</b> and <b>ethnicity</b> .	这些东西跨越了年龄、 性别和种族的界限。[04:28]
I mean, if you think about it, we all stop and turn our heads to the sky when the <b>multicolored</b> arc of a rainbow <b>streaks</b> across it.	仔细想想, 我们都会停下脚步, 抬头看向天空, 只因为有一道绚丽的 彩虹横跨半空。[04:34]
And <b>fireworks</b> -- we don't even need to know what they're for, and we feel like we're celebrating, too.	还有烟火, 我们都不需要知道是在庆祝什么, 心里也会有喜庆的感觉。[04:41]
These things aren't <b>joyful</b> for just a few people; they're <b>joyful</b> for nearly everyone.	这些东西不仅仅 会让一部分人感到快乐, 它们几乎对所有人都有效,[04:50]
<b>blossoms</b> : [植]开花 <b>bubbles</b> : n.泡沫;气泡(bubble的复数)/v.沸腾;冒泡;发出气泡声(bubble的第三人称单数形式) <b>hot air</b> : 吹牛;大话 <b>balloons</b> : n.气球(balloon的复数形式);轻气球/v.乘气球上升;如气球般膨胀(balloon的三单形式) <b>googly</b> : n.外曲线球(曲球的一种)/adj.瞪视的 <b>cones</b> : n.视锥细胞(cone的复数);锥形体/v.使成锥形;使成斜角(cone的三单形式) <b>sprinkles</b> : v.洒,微雨;散置(sprinkle的第三人称单数)/n.零星散布的东西;小雨;糖屑,巧克力屑(sprinkle的复数形式) <b>cut across</b> : 抄近路通过;径直穿过;打断 <b>gender</b> : n.性;性别;性交/vt.生(过去式gendered,过去分词gendered,现在分词gendering,第三人称单数genders,形容词genderless) <b>ethnicity</b> : n.种族划分 <b>multicolored</b> : adj.多色的;多彩的 <b>streaks</b> : n.[地质]条痕;直横条(streak的复数)/v.形成条纹;闪现(streak的第三人称单数) <b>fireworks</b> : n.烟火(firework的复数形式);激烈争论 <b>joyful</b> : adj.欢喜的;令人高兴的	
They're <b>universally</b> joyful.	会让所有人开心。[04:56]
And seeing them all together, it gave me this <b>indescribably</b> hopeful feeling.	看到这些东西在一起出现, 让我有一种难以描述的、 充满希望的感觉。[05:00]
The <b>sharply</b> divided, <b>politically polarized</b> world we live in sometimes has the effect of making our differences feel so vast as to be <b>insurmountable</b> .	我们生活在一个分化严重、 政治对立的世界, 有时候人与人之间的 差异如此巨大, 巨大到仿佛无法跨越。[05:07]
And yet <b>underneath</b> it all, there's a part of each of us that finds joy in the same things.	然而在表象之下, 我们还是能 在相同的事物中找到快乐。[05:17]



And though we're often told that these are just passing <b>pleasures</b> , in fact, they're really important, because they remind us of the shared <b>humanity</b> we find in our common experience of the physical world.	尽管别人经常会告诉我们, 这些乐趣转瞬即逝, 但实际上, 它们还是挺重要的, 因为它们能提醒我们, 我们有着共同的人性, 这来源于我们在探索 物理世界时共同的经历。[05:23]
But I still needed to know: What is it about these things that makes them so joyful?	但我还是需要搞清楚: 这些让他们快乐的事物 到底是怎么回事? [05:38]
I had pictures of them up on my studio wall, and every day, I would come in and try to <b>make sense of</b> it.	我把这些照片挂在工作室的墙上, 每天我都会去那里, 想弄清楚原因。[05:45]
<b>universally:</b> adv. 普遍地; 人人; 到处 <b>indescribably:</b> adv. 难以形容地; 不明确地 <b>sharply:</b> adv. 急剧地; 锐利地 <b>politically:</b> adv. 政治上 <b>polarized:</b> adj. 偏振的; 极化的 <b>insurmountable:</b> adj. 不能克服的; 不能超越的; 难以对付的 <b>underneath:</b> prep. 在...的下面; 在...的形式下; 在...的支配下/adv. 在下面; 在底下/n. 下面; 底部/adj. 下面的; 底层的 <b>pleasures:</b> n. 愉快; 乐事 (pleasure的复数)/v. 使高兴; 觉得高兴; 外出玩乐 (pleasure的三单形式) <b>humanity:</b> n. 人类; 人道; 仁慈; 人文学科 <b>make sense of:</b> 搞清...的意思	
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And then one day, something just <b>clicked</b> .	锡育软件 突然有一天, 我恍然大悟。[05:52]
I saw all these patterns: round things ...	我发现了一些规律: 圆形的东西, [05:55]
<b>pops</b> of bright color ...	绚丽的色彩, [06:01]
<b>symmetrical</b> shapes ...	对称的形状, [06:05]
a sense of abundance and <b>multiplicity</b> ...	丰富和多样性, [06:08]
a feeling of <b>lightness</b> or <b>elevation</b> .	明亮或者在高空的感觉。[06:12]
When I saw it this way, I realized that though the feeling of joy is mysterious and <b>elusive</b> , we can access it through tangible, physical attributes, or what designers call <b>aesthetics</b> , a word that comes from the same root as the Greek word "aísthomai,"	用这种方式来观察的时候, 我发现尽管快乐的感觉有点神秘。又难以捕捉, 但我们可以通过一些 可触摸的、物理的特性来得到它, 或者用设计师的话说, 通过审美, 这个词来源于希腊语的 同根词 "aísthomai", [06:17]
which means, "I feel," "I sense," "I perceive."	意思是我感觉, 我感受, 我察觉。[06:32]
And since these patterns were telling me that joy begins with the senses, I began calling them "Aesthetics of Joy"; the <b>sensations</b> of joy.	这些规律告诉我们, 快乐来源于感觉, 我于是称之为 "快乐审美", 也就是对于快乐的感知。[06:37]
<b>clicked:</b> v. 单击, 点击 (click的过去式); 发出咔嚓声 (滴嗒声) <b>pops:</b> abbr. 流行曲调 (popular tunes); 大众音乐会 (popular concerts)/adj. 演奏轻音乐有关的; 流行音乐乐队的/v. 取出; 发出爆裂声; 突然伸出 (pop的三单形式) <b>symmetrical:</b> adj. 匀称的, 对称的 <b>multiplicity:</b> n. 多样性; [物] 多重性 <b>lightness:</b> n. 轻盈; 轻松; 明亮; (颜色) 浅淡 <b>elevation:</b> n. 高地; 海拔; 提高; 崇高; 正面图 <b>elusive:</b> adj. 难懂的; 易忘的; 逃避的; 难捉摸的 <b>aesthetics:</b> n. 美学; 美的哲学 <b>sensations:</b> n. 感觉; 轰动; 感动	
And <b>in the wake of</b> this discovery, I noticed something that as I walked around, I began <b>spotting</b> little moments of joy everywhere I went -- a <b>vintage</b> yellow car or a clever piece of street art.	伴随着这个发现, 我开始注意身边的一些事情, 留意那些让我快乐的瞬间, 无论我身处何处——一辆复古的黄色小汽车, 一件巧妙的街头艺术。[06:48]
It was like I had a pair of <b>rose-colored</b> glasses, and now that I knew what to look for, I was seeing it everywhere.	我觉得自己就像 戴着一副粉红眼镜, 知道自己在找什么之后, 我在哪儿都能找到快乐。[07:00]
It was like these little moments of joy were hidden in plain sight.	这些快乐的小瞬间 就藏在我们眼皮底下。[07:09]
And at the same time, I had another realization, that if these are the things that bring us joy, then why does so much of the world look like this?	与此同时, 我还发现, 如果刚刚提到的这些东西 能带给我们快乐, 那为什么很多地方 看起来是这样的? [07:14]
(Laughter) Why do we go to work here?	(笑声) 为什么我们要去这样的地方上班? [07:23]
Why do we send our kids to schools that look like this?	为什么我们要把孩子 送到这样的地方上学? [07:27]
Why do our cities look like this?	为什么我们的城市是这样的? [07:31]
And this is most acute for the places that house the people that are most <b>vulnerable</b> among us: nursing homes, hospitals, homeless <b>shelters</b> , housing projects.	而下面这些地方是最糟糕的, 因为我们中间 最脆弱的那些人住在这里: 疗养院, 医院, 收容所, 住宅项目。[07:34]
<b>in the wake of:</b> 紧紧跟随; 随着...而来; 作为...的结果; 仿效 <b>spotting:</b> n. 测定点位; 合模/v. 沾上污渍; 散布; 用点装饰 (spot的ing形式) <b>vintage:</b> n. 葡萄收获期; 葡萄酒酿造期/adj. 古老的; 最佳的; 过时的/vt. 采葡萄; 用葡萄酿酒/vi. 采葡萄 <b>rose-colored:</b> adj. 玫瑰色的; 乐观的 <b>vulnerable:</b> adj. 易受攻击的, 易受...的攻击; 易受伤害的; 有弱点的 <b>shelters:</b> n. 庇护所; 避难所 (shelter的复数)/v. [及] 庇护; 保护 (shelter的第三人称单数); 躲藏	
How did we end up in a world that looks like this?	为什么我们的世界 会变成这个样子? [07:49]
We all <b>start out</b> joyful, but as we get older, being colorful or <b>exuberant</b> opens us up to judgment.	我们小时候都非常快乐, 但随着年龄的增长, 太过色彩绚丽或者热情洋溢 会让我们遭受非议。[07:54]
Adults who exhibit <b>genuine</b> joy are often <b>dismissed</b> as <b>childish</b> or too <b>feminine</b> or unserious or <b>self-indulgent</b> , and so we hold ourselves back from joy, and we end up in a world	成年人如果展现出纯粹的快乐, 经常就会被误解为 孩子气, 或者太女性化, 或者不够严肃, 或者有些自我放纵, 于是我们开始远离快乐, 于是我们的世界

that looks like this.	就变成了这个样子。[08:05]
But if the aesthetics of joy can be used to help us find more joy in the world around us, then couldn't they also be used to create more joy?	但如果快乐审美能帮助我们 在身边发现更多快乐, 那它能不能帮助 我们制造快乐呢? [08:25]
I spent that last two years <b>scouring</b> the planet, looking for different ways that people have answered this question.	我花了至少两年的时间四处寻觅, 寻找不同的人来回答这个问题。[08:33]
And this led me to the work of the artist Arakawa and the poet Madeline Gins, who believed that these kinds of environments are literally killing us.	我找到了画家阿拉卡瓦, 还有诗人玛德琳·基恩斯, 他们认为这样的环境正在毁灭我们。[08:40]
<b>start out:</b> 出发;着手进行 <b>exuberant:</b> adj.繁茂的;生气勃勃的,充溢的 <b>genuine:</b> adj.真实的, 真正的; 诚恳的 <b>dismissed:</b> v. 开除,解散(dismiss的过去分词);摒弃/adj.解雇的;解散的,被排除的 <b>childish:</b> adj.幼稚的,孩子气的 <b>feminine:</b> adj.女性的; 妇女(似)的; 阴性的; 娇柔的 <b>self-indulgent:</b> adj.任性的,放纵的 <b>scouring:</b> n.洗擦	
And so they <b>set out</b> the create an apartment building that they believed would reverse aging.	于是他们打算建一栋公寓楼, 可以帮助我们逆生长。[08:50]
And this is it.	它长这样。[08:58]
(Laughter)	(笑声) [08:59]
(Applause) It's a real place, just outside Tokyo.	(掌声) 这栋房子真的存在, 就在东京郊外。[09:03]
I spent a night there, and it's a lot.	我在那儿住过一晚, 但那一晚有点漫长。[09:09]
(Laughter) The floors <b>undulate</b> , so you don't end up walking around <b>so much as</b> kind of <b>bouncing</b> around the apartment, and there are bright colors in every direction.	(笑声) 地板是起伏不平的, 因此你无法在屋子里正常行走, 只能跌跌撞撞地前进, 到处是明亮的色彩。[09:13]
I'm not sure I left any younger, but it's as if, by trying to create an apartment that would make us feel <b>youthful</b> , they ended up creating one that was joyful.	我不知道离开的时候 有没有变年轻一点, 但他们的确是想建一所公寓, 可以让我们感觉年轻, 这所公寓给我们带来了快乐。[09:28]
And yes, this is a bit much for everyday life, but it made me wonder: What about the rest of us?	当然,如果每天都这样, 会有点吃不消, 但是这让我思考: 我们其他人该怎么办呢? [09:41]
How do we bring these ideas back into the real world?	我们如何把这些想法带回来给大众? [09:47]
So I started finding people who were doing just that.	于是我开始寻找 那些在做同样事情的人。[09:52]
For example, this hospital, designed by the <b>Danish</b> artist Poul Gernes.	比如这家医院, 是丹麦画家波尔·杰恩斯设计的。[09:55]
<b>set out:</b> 出发;开始;陈述;陈列 <b>undulate:</b> vi.起伏;波动;震动;呈波浪形/vt.波动;使波动;使起伏;使成波浪形/adj.波动的;起伏的;波浪形的 <b>so much as:</b> 甚至于;连.....都不 <b>bouncing:</b> adj.跳跃的;巨大的;活泼的/v.弹跳(bounce的ing形式) <b>youthful:</b> adj.年轻的 <b>Danish:</b> adj.丹麦的;丹麦人的;丹麦语(文)的/n.丹麦语	
Or these schools, transformed by the <b>non-profit</b> Publicolor.	还有这些学校, 由非盈利机构“公众色彩”改造。[10:00]
What's interesting is that Publicolor has heard from school <b>administrators</b> who say that <b>attendance</b> improves, <b>graffiti</b> disappears and kids actually say they feel safer in these painted schools.	有意思的是,“公众色彩” 从学校管理者那里得到反馈, 说出勤率上升了, 也没有涂鸦了, 孩子们说, 彩色的学校 让他们感到更安全。[10:05]
And this aligns with research <b>conducted</b> in four countries, which shows that people working in more colorful offices are actually more alert, more confident and <b>friendlier</b> than those working in <b>drab</b> spaces.	有一项在4个国家开展的研究 也证实了这一点, 在彩色办公室里工作的人 会更加机敏, 更加自信, 更加友好,比那些 在单色调办公室的人表现要好。[10:17]
Why would this be the case?	为什么会这样呢? [10:32]
Well, as I started to <b>trace back</b> our love of color, I found that some researchers see a connection to our evolution.	我开始回顾我们对色彩的喜爱, 我发现,有些研究者认为 这跟我们的进化有关。[10:34]
Color, in a very <b>primal</b> way, is a sign of life, a sign of energy.	颜色,从最原始的角度来看, 象征着生命和活力。[10:43]
And the same is true of abundance.	同时也象征着真正的富足。[10:48]
<b>non-profit:</b> adj.非营利的 <b>administrators:</b> n.[管理]管理员;完全程序(administrator的复数形式) <b>attendance:</b> n.出席;到场;出席人数 <b>graffiti:</b> n.墙上乱写乱画的东西(graffito的复数形式) <b>conducted:</b> v.管理(conduct的过去分词);引导;指挥 <b>friendlier:</b> 友好的/和睦的(friendly的比较级) <b>drab:</b> adj.单调的;土褐色的/n.浅褐色;无生气;邋遢;小额/vt.使无生气/vi.嫖妓 <b>trace back:</b> 追溯 <b>primal:</b> adj.原始的;主要的;最初的/n.被压抑童年情绪的释放/vt.释放(被压抑的童年情绪)	
We evolved in a world where <b>scarcity</b> is dangerous, and abundance meant survival.	在我们生存的世界,匮乏是危险的, 而富足意味着生存。[10:50]
So, one confetto -- which happens to be the <b>singular</b> of <b>confetti</b> , in case you were wondering --	所以,一片小纸屑 (confetto) —— 就是漫天飞舞的 纸屑 (confetti) 中的一片, 是的,我就是这么精确——[10:57]
(Laughter) isn't very joyful, but multiply it, and you have a handful of one of the most joyful <b>substances</b> on the planet.	(笑声) 并不那么有趣, 但如果是很多纸屑, 你就拥有了这个地球上 最有趣的东西。[11:04]
The architect Emmanuelle Moureaux uses this idea in her work a lot.	建筑师爱玛努埃勒·穆罗 在很多作品中运用了这一点。[11:14]



This is a nursing home she designed, where she uses these multicolored <b>spheres</b> to create a feeling of abundance.	这是她设计的一座疗养院, 她用许多五颜六色的球体来营造一种富足的感觉。[11:18]
And what about all those round things I noticed?	关于圆形的东西, 我有什么发现呢? [11:25]
Well, it turns out <b>neuroscientists</b> have studied this, too.	神经学家已经做过研究。[11:28]
They put people into fMRI machines, and they showed them pictures of <b>angular</b> objects and round ones.	他们把人放进功能性磁共振成像机, 分别给他们看带尖角的和圆形的物体。[11:32]
And what they found is that the <b>amygdala</b> , a part of the brain associated in <b>part with</b> fear and anxiety, lit up when people looked at angular objects, but not when they looked at the round ones.	他们发现杏仁核, 就是大脑中与恐惧和焦虑有关的部分, 会在看向尖锐物体时被点亮, 而看向圆形物体的时候则没有。[11:39]
<b>scarcity:</b> n. 不足; 缺乏 <b>singular:</b> adj. 单数的; 单一的; 非凡的; 异常的/n. 单数 <b>confetti:</b> n. (婚礼, 狂欢节中抛撒的) 五彩纸屑; (旧时狂欢节或庆祝场合抛撒的) 糖果 <b>substances:</b> n. [物] 物质; 基本内容; 物品药物 (substance 的复数) <b>spheres:</b> n. [数] 球体 (sphere 的复数); 球形包围盒/v. 把... 放在球体内 (sphere 的第三人称单数形式) <b>neuroscientists:</b> n. 神经系统科学家 <b>angular:</b> adj. [生物] 有角的; 生硬的, 笨拙的; 瘦削的 <b>amygdala:</b> n. [解剖] 杏仁核; 扁桃腺; 苦巴旦杏 <b>part with:</b> 与... 分开; 舍弃	
They <b>speculate</b> that because angles in nature are often associated with objects that might be dangerous to us, that we evolved an <b>unconscious</b> sense of <b>caution</b> around these shapes, whereas <b>curves</b> set us <b>at ease</b> .	他们推测因为自然界中的尖角, 往往跟危险的东西有关, 于是看到尖锐的物体, 我们会下意识地变得警觉, 而曲线会让我们放松。[11:51]
You can see this in action in the new Sandy Hook <b>Elementary School</b> .	这一发现已经在桑迪·胡克小学得以应用。[12:06]
After the mass shooting there in 2012, the architects Svigals + Partners knew that they needed to create a building that was secure, but they wanted to create one that was joyful, and so they filled it with curves.	2012年大规模枪击案发生后, 建筑师斯维格斯和他的同事们知道他们需要建一栋安全的建筑, 但他们想建一栋有趣的建筑, 于是他们运用了很多曲线的设计。[12:11]
There are waves running along the side of the building, and these <b>squiggly canopies</b> over the <b>entryway</b> , and the whole building <b>bends</b> toward the entrance in a welcoming gesture.	建筑物的边是波浪形的, 入口通道的顶棚也是弯曲的, 整栋建筑向着入口弯曲 摆出欢迎的姿势。[12:22]
Each moment of joy is small, but over time, they <b>add up to</b> more than the sum of their parts.	快乐的时光总是短暂的, 但随着时间推移, 这些快乐会叠加出更明显的效果。[12:35]
<b>speculate:</b> vi. 推测; 投机; 思索/vt. 推断 <b>unconscious:</b> adj. 无意识的; 失去知觉的; 不省人事的; 未发觉的 <b>caution:</b> n. 小心, 谨慎; 警告, 警示/vt. 警告 <b>curves:</b> n. [数] 曲线; 弯曲状 (curve 的复数形式)/v. 弯曲; 使弯曲 (curve 的第三人称单数) <b>at ease:</b> 安逸, 自由自在; 舒适 <b>Elementary School:</b> 小学 <b>squiggly:</b> adv. 弯弯曲曲地 <b>canopies:</b> 天篷 (canopy 的复数)/[航] 座舱盖 (canopy 的复数)/雨棚 (canopy 的复数) <b>entryway:</b> n. 入口通道 <b>bends:</b> vt. 弯曲; 屈服 (bend 的第三人称形式)/n. 弯曲; 减压病 (bend 的复数) <b>add up to:</b> 合计达, 总计达	
And so maybe instead of chasing after happiness, what we should be doing is <b>embracing</b> joy and finding ways to put ourselves in the path of it more often.	所以与其去追求幸福, 其实我们更应该拥抱快乐, 想办法让自己在 快乐的路上停留更久。[12:44]
Deep within us, we all have this <b>impulse</b> to <b>seek out</b> joy in our <b>surroundings</b> .	因为在内心深处, 我们都想在自己周围寻找快乐。[12:57]
And we have it for a reason.	这是有原因的。[13:04]
Joy isn't some <b>superfluous</b> extra.	快乐并不是锦上添花的事情。[13:07]
It's directly connected to our fundamental instinct for survival.	它直接与我们的生存本能相关联。[13:11]
On the most basic level, the drive toward joy is the drive toward life.	从最基本的层面来说, 追求快乐, 就是追求生命。[13:17]
Thank you.	谢谢大家。[13:25]
(Applause) Thank you.	(掌声) 谢谢。[13:26]
Thank you, thank you.	谢谢各位。谢谢。[13:29]
(Applause)	(掌声) [13:31]
<b>embracing:</b> n. 拥抱/v. 拥抱, 包含 (embrace 的现在分词形式) <b>impulse:</b> n. 冲动; [电子] 脉冲; 刺激; 神经冲动; 推动力/vt. 推动 <b>seek out:</b> 找出; 搜出; 想获得 <b>surroundings:</b> n. 环境; 周围的事物 <b>superfluous:</b> adj. 多余的; 不必要的; 奢侈的	

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