

Lesson 74

1 TOPIC QUESTION

今日のトピック

Is your happiness more important than others?

あなたの幸せは他の人の幸せよりも大切？

2 ARTICLE

記事

Directions: Read the following article aloud.

課題：以下の記事をはっきりとした声で音読しましょう。



Just Be Happy

Have you ever heard the expression, "You can please all of the people some of the time, and some of the people all of the time, but you cannot please all of the people all of the time"? Well, some people actually try really hard to please everyone all the time and it tends to zap them of their energy and leave them feeling depressed when they come up short.

Although, making others happy is a positive character trait it is important to make oneself happy first. When you are happy, you give off positive vibes to everyone around you. People want to be around other happy people more than they want to be around someone who is always trying to make them happy.

Happy people tend to live healthier lives as they can reduce their amount of stress. Unhappy people tend to try to make their sadness or anger disappear by alcohol, unhealthy foods or even drugs which create more problems that will make them even less likely to reach happiness.

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3 VOCABULARY

語い

Directions: First repeat after your tutor and then read aloud by yourself.

課題: 先生の後が続いてくり返した後、今度はひとりで発音してみましょう。

zap すばやく動かす

depressed 意気消沈した

vibes 振動、影響

come up short 希望に満たない

character trait 性格特性

reduce 減らす

4 Questions

質問

Directions: Read the questions aloud and answer them.

課題: 質問を声に出して読んだ後、答えてみましょう。

1. What does the expression in the first paragraph mean?
2. What happens when you always try to make everyone happy?
3. Why is your own happiness important?
4. What do you do to make people around you happy?
How do you make yourself happy?