

Don't Worry. Be Happy!



1. Failing an exam.



2. Losing your money.

BEFORE YOU READ

Which situation will make you feel most depressed?

How will you deal with it?



3. Breaking up with your boyfriend / girlfriend.



4. Having a fight with your best friend.



5. Someone you love died.



Do not Worry. Be Happy!

Are you happy today? I mean, do you really feel **content**¹ with your life? For most people, the answer to these questions might be “maybe” or “I don’t know.” **Nevertheless**², the answer is mostly “yes” in Denmark*,
 5 which is one of the happiest countries in the world. It is all to do with their attitude toward life.

What a Joyful Country Denmark Is!

One key to their happy life is the **concept**³ of “hygge,” which is **pronounced**⁴ “hoo-guh.” It is all thanks to hygge, which means to create a
 10 warm **atmosphere**⁵ and enjoy good things. The **remaining**⁶ parts of the world are **fascinated**⁷ by this concept. Now, more and more people around the world have started to **try out** this idea and hope to live happier lives.

How Easy a Dream Hygge Is!

Hygge is possible, and it is easy to **put** this idea **into practice**. It

1. content [kən`tent] *adj.* 滿意的

2. nevertheless [ˌnevə`ðə`les] *adv.* 然而

* Denmark [ˈdenmark] *n.* 丹麥

3. concept [ˈkɒnsɛpt] *n.* 概念

4. pronounce [prə`naʊns] *vt.* 發……的音

5. atmosphere [ˈætməsfɪr] *n.* 氣氛

6. remaining [rɪ`meniŋ] *adj.* 剩下的

7. fascinate [ˈfæsɪneɪt] *vt.* 使著迷

• try out 試驗

• put...into practice 將……付諸實行

New World News

could be as simple as having a warm cup of coffee on a cold rainy day or 15
having a summer picnic with your best friends.

Let Go of It!

Another important concept in Denmark is “pyt,” which is pronounced
“pit.” Imagine someone who has just finished his art painting. He looks at
the painting, **looking forward to** using it in a competition. Suddenly, he 20
spills* his coffee on the painting, and all his hard work becomes **useless**.⁸
“Pyt,” he says, **sighing**⁹ heavily. Yet, without too much hesitation, he
quickly starts doing another painting.

Pyt **roughly**¹⁰ means “Well, **stuff**¹¹ happens. Just let go of it!” **In other**
words, it means not to stick to the things we have no power to change. 25
Life is not always perfect. With this thought, it becomes easier to get over
the negative emotions and accept imperfections in life.

- let go 放下
- look forward to 期待
- * spill [spɪl] vt. 潑灑
- 8. useless [ˈjuːslɪs] adj. 無用的

- 9. sigh [saɪ] vi. 嘆氣
- 10. roughly [ˈrʌfli] adv. 大約
- 11. stuff [stʌf] n. 事情
- in other words 換句話說

Now, you might be thinking that the ideas of hygge and pyt are excuses to be lazy or **passive**¹². After all, it is easy to say “well” and give up when you **encounter**¹³ **frustrations**¹⁴. However, these two concepts actually encourage you to **do your best** and appreciate whatever you have. You should **devote**¹⁵ your best effort to something and try to enjoy every moment. Yet, let go of it when it does not stick to the **original**¹⁶ plan. What's more, be happy again and go on.

Are the pressures of life getting you down? Why not give the Danish **lifestyle**¹⁷ a try? Be thankful for the little things in life and stop being negative and **stubborn**¹⁸—you will be happier and healthier!

Cultural Note

美國哈佛大學曾開設一門「正向心理學」課程，其授課老師塔爾·班夏哈博士將自己這堂「幸福課」的核心列成十條守則：1. 遵從內心的熱情。2. 多和朋友在一起。3. 學會失敗。4. 接受自己。5. 簡化生活。6. 有規律地鍛煉。7. 充分的睡眠。8. 慷慨。9. 勇敢。10. 心存感恩。

12. passive [ˈpæsiv] *adj.* 消極的

13. encounter [ɪnˈkaʊntə] *vt.* 遭遇

14. frustration [frʌsˈtreɪʃən] *n.* 挫折
• do one's best 全力以赴

15. devote [dɪˈvot] *vt.* 奉獻……

16. original [əˈrɪdʒənəl] *adj.* 原本的

17. lifestyle [ˈlaɪf,staɪl] *n.* 生活方式

18. stubborn [ˈstʌbən] *adj.* 固執的

AFTER YOU READ

I. Reading for the Main Idea—Skimming

Skim the reading and choose the best answer.

- () According to the reading, which of the following is NOT one of the ideas of “hygge” and “pyt”?
- (A) Create a warm atmosphere and enjoy good things.
- (B) Stick to the original plan and never let go of things.
- (C) Do your best and appreciate what you have.
- (D) Be thankful for the little things in life.

3

II. Reading for Details—Scanning

Scan the reading and complete the file.

Identify “hygge” and “pyt” for the following situations. Write “H” for hygge, “P” for pyt, and “B” for both.

	Situation
1.	Enjoy a warm cup of chocolate milk in winter.
2.	To do your best and be thankful for what you have.
3.	Let go of the imperfect things in life.
4.	Have a wonderful dinner with your family.
5.	Still go on when something bad happens.



After learning about the ideas of hygge and pyt, how do you deal with things that make you unhappy?

VOCABULARY



I. Words for Production

1 **content**
[kən`tent]

adj. 滿意的，滿足的 (happy, satisfied)

▶ Jessie was **content** with her selfie and decided to use it as her new headshot.

2 **nevertheless**
[,nevə`ðə`les]

adv. 然而，儘管如此 **SYN** however, nonetheless
(despite what has just been mentioned)

▶ Gina had a bad headache this morning. **Nevertheless**, she still went to work.



3 **concept**
[`kənsɛpt]

n. [C] 概念，觀念 (an idea of something)

▶ The child is too young to understand the **concept** of death.

4 **pronounce**
[prə`naʊns]

vt. 發……的音，發音 (to make the sound of a word)

▶ This one-year-old baby can only **pronounce** “papa” and “mama” now.

pronunciation
[prə`nʌnsɪ`eɪʃən]

n. [U][C] 發音

▶ Do you know the correct **pronunciation** of the store’s name “IKEA”?



5 **atmosphere**
[`ætməs`fɪr]

n. [C][U] 氣氛，氛圍 (the feeling that a place gives someone)

▶ This coffee shop offers a friendly **atmosphere** because of its design and furniture.



6

remaining

[rɪˈmeɪnɪŋ]

adj. 剩下的 (things that are left)

▶ Sam won three movie tickets. He kept one for himself and gave the **remaining** tickets to his friends.

remain

[rɪˈmeɪn]

vi. 繼續存在；保持不變

▶ Very few fish **remain** in the river now due to the serious water pollution.



3

7

fascinate

[ˈfæsɪneɪt]

vt. 使著迷 (to attract someone)

▶ The idea of traveling around the world has always **fascinated** me.

fascinating

[ˈfæsɪneɪtɪŋ]

adj. 迷人的，具吸引力的

▶ Mia loves to eat, so working as a food show host sounds **fascinating** to her.



8

useless

[ˈjuːslɪs]

adj. 無用的，沒有價值的 **ANT.** useful

(not useful)

▶ It is **useless** to keep thinking about the things that have already happened.

9

sigh

[saɪ]

vi.; vt. 嘆氣，嘆息 (to breathe out and make a long sound)

▶ When Daniel saw his dog messing up the room again, he **sighed** deeply and began to clean it up.

**sigh**

[saɪ]

n. [C] 嘆氣，嘆息

▶ Brian breathed a **sigh** of relief after he knew his parents were not injured in the car accident.

10

roughly

[ˈrʌfli]

adv. 大約，約略地 **SYN** about

(not exactly)

► I'm **roughly** the same age as Ivy. She is only a few months younger than I.

rough

[rʌf]

adj. 約略的

► Judy and I haven't decided what to do tonight. We only have some **rough** ideas like shopping and watching movies.

11

stuff

[stʌf]

n. [U] 事情；東西 (things)

► Ryan believes in all the star sign **stuff** and has read a lot of books about it.

12

passive

[ˈpæsiʋ]

adj. 消極的，被動的 (accepting something without trying to change)

► Helen plays a **passive** role in the team. She doesn't join the discussion at all.

13

encounter

[ɪnˈkaʊntə]

vt. 遭遇，遇到 (to experience something unpleasant)

► Robin **encountered** a great number of difficulties when he was looking for his first job.

14

frustration

[frʌsˈtreɪʃən]

n. [C][U] 挫折，沮喪

(the feeling of being upset because of failure)

► Stacy felt a sense of **frustration** when she failed to get her dream job.

**frustrate**

[ˈfrʌstret]

vt. 使挫折，使沮喪

► People's bad words about Kent's Instagram post **frustrated** him a lot.

15

devote

[dɪˈvɒt]

vt. 奉獻…… **SYN** dedicate

(to give all the time and effort to something)

▶ Mother Teresa **devoted** her whole life to helping poor people and earned much respect.

**devoted**

[dɪˈvɒtɪd]

adj. 熱愛……的，奉獻於……

▶ Gretchen is **devoted** to Wes Anderson's movies. She knows many details of the director's filming skills.

3

16

original

[əˈrɪdʒənəl]

adj. 原本的，起初的 (existing first)

▶ We were forced to change our **original** travel plan due to the heavy snow.

origin

[ˈɔrɪdʒɪn]

n. [C][U] 起源，起因

▶ Some people say the **origin** of barbecuing on Moon Festival was a businessman's idea.

17

lifestyle

[ˈlaɪf,staɪl]

n. [C] 生活方式 (the way someone lives)

▶ Mr. Chuang has a very simple lifestyle. He only eats vegetables and nuts.

style

[staɪl]

n. [C][U] 方式，風格

▶ Although Tim and Tom are twins, they like totally different styles of music.



18

stubborn

[ˈstʌbən]

adj. 固執的，倔強的 (not willing to change anything)

▶ Lisa is so **stubborn** that she cannot accept what other people say.

II. Words for Recognition

1. Denmark [ˈdenmark] *n.* 丹麥
Danish [ˈdenɪʃ] *adj.* 丹麥 (人) 的
2. spill [spɪl] *vt.* 潑灑, 濺出



PHRASES



1

try out

試驗, 試用 (to test something)

- ▶ Mary is **trying out** a new kind of air conditioner and sees what functions it has.

2

put...into practice

將……付諸實行 (to start using an idea)

- ▶ This fashion designer is trying to **put** her ideas **into practice** to see if they work.



3

let go

放下 (to accept something that cannot be changed)

- ▶ Timothy always thinks of the mistake he made two years ago. He should let go of it now.

4

look forward to

期待, 盼望

(to be excited about something going to happen)

- ▶ Alice is **looking forward to** starting her first Korean class.



5

in other words

換句話說，也就是說

(explaining something in a different way)

▶ The character in the mobile game lost all its blood. **In other words**, it was dead.

6

do one's best

全力以赴，盡全力 **SYN** try one's best

(to try as hard as one can)

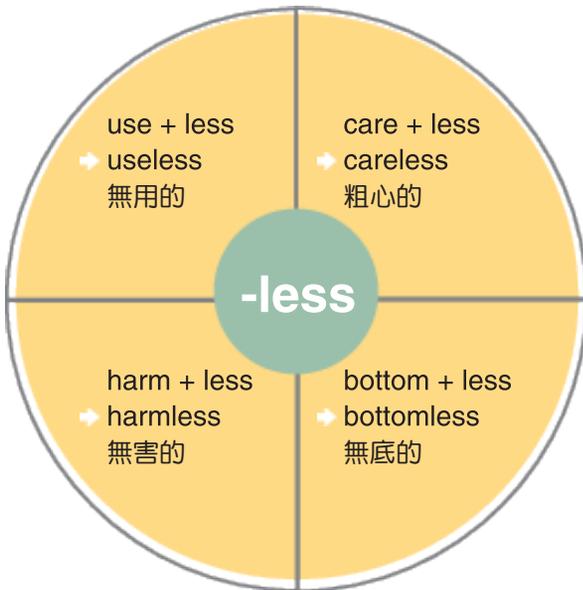
▶ The doctor and nurses are **doing their best** to save the injured man's life.



3

Word Smart

-less 為形容詞字尾，加在名詞後，表示「無……的」。



Practice

home

→ _____ 無家可歸的

meaning

→ _____ 無意義的

GRAMMAR

1

What a(n) + Adj N + S + be/V...!

感嘆句：How Adj (+ N) + S + be/V...!

How Adv + S + V...!

▲ 判斷英文句子，選擇正確的中文。



() 1. What **a cute cat** Coco is!

() 2. How **cute** Coco is!

() 3. How **high** Coco jumps!

A. Coco 真是可愛！

B. Coco 跳得多高啊！

C. Coco 是一隻多麼可愛的貓啊！

1. 感嘆句用來表達喜悅、悲傷、驚訝或讚美等強烈情緒，表示「多麼……啊！」。
2. 感嘆句開頭用 what 或 how 引導，句尾則通常加上驚嘆號。



- ◆ **What** a bright color it is!
- ◆ **How** bright the color yellow is!
- ◆ **How** badly the color blinds my eyes!

▲ 找出兩句課文中使用到此句型的句子：

1. _____
2. _____

Let's Try!

根據圖片與提示字，完成句子或造句。



1. What _____ !
(hot / summer day)



2. How _____ !
(tall / the buildings)



3. How _____ !
(well / Sandy / cut my hair)



4. _____
(John / lucky / win the lottery)



5. _____
(the food / quickly / deliver)

2 省略 and 的分詞構句：S + V₁..., and + S + V₂....
→ S + V₁..., V₂-ing....

▲ 圈出兩個句子的相異處，並回答問題。

- Tommy jumped onto the bus, and he waved goodbye.
- Tommy jumped onto the bus, waving goodbye.

第二句與第一句相比，少了哪兩樣元素？

- 動詞 waved 主詞 he 連接詞 and

1. 分詞構句用來表示附帶的「條件」或「狀態」。
2. 當 and 前後連接的兩個子句主詞相同時，可省略 and 和後面子句的主詞，並將子句中動詞改為現在分詞 (V-ing)，形成「分詞構句」。



◆ Rita picks up her pen, and she hopes it can still write.

→ Rita picks up her pen, hoping it can still write.

主要子句

分詞構句

3. 此句型中，兩個子句的動作 (V_1 、 V_2)，時間上「幾乎同時發生」。

▲ 找出兩句課文中使用到此句型的句子：

1. _____
2. _____

Let's Try!

Claire 在網路上發起一個《快樂對你來說是什麼？》的活動，好多人都留下了自己的想法。根據提示完成句子，看看大家對快樂的定義是什麼！

WHAT IS HAPPINESS TO YOU?



Vivian: Money is happiness to me because money is everything.

I wish to make a lot of money, ¹ _____
(and I can buy anything I want).



Jack: The best thing in the world is love, so love is happiness to me!

I love the people around me, ² _____
(and I feel loved by them).



Joanne: To me, happiness means doing my favorite job.

I'm doing my favorite job, ³ _____
(and I am very happy)!



Leo: I think happiness is having no worries.

Many people are bothered by worries, ⁴ _____
(and they want to get rid of them).



Me: _____



Responding to Frustration



*When Tom and Olivia are walking together, Olivia suddenly **trips** on a stone.*

Olivia: Oh! I didn't see that stone!

Tom: Look! Your drink has gone all over my jacket!

Olivia: Gosh! I'm so sorry....

Tom: Now, I'm **done for**. I am going to wear it for my interview tomorrow.

Olivia: Oh, no...! I feel really bad.

Tom: Well...pyt.

Olivia: Pardon?

Tom: "Pyt" is what people in Denmark say when something like this happens.

Olivia: What does it mean?

Tom: It means "it's really no big deal, so let's forget about it."

Olivia: OK, but what about your jacket?

Tom: No worries. I'll get it cleaned and wear another one tomorrow.

Olivia: Well, I feel much better now. At least let me pay the cleaning fee.



1. respond [rɪˈspænd] *vi.* 作出反應

2. trip [trɪp] *vi.* 絆倒

3. be done for 完了

Level Up!

1 There's nothing to worry about.

沒什麼好擔心的。

2 Things will turn out all right.

事情會好轉的。

3 Focus on the small goals instead of the big ones.

專注在小目標而非大目標上。

4 Hang in there!

撐住！

5 Counter every negative with a positive.

用樂觀戰勝每一個負能量。

6 I'm full of hope for the future.

我對未來充滿期待。

Role Play

A man just found that he lost all his important files on his laptop.



DO IT YOURSELF

I. Vocabulary

根據圖片與例句，寫出正確的單字。



1. _____

There is a joyful a_____e during Christmas.



2. _____

The waiter is asking the customers if they are c_____t with their meals.



3. _____

Don't give up. F_____n doesn't mean there is no hope.



4. _____

The o_____l color of my shoes was white, but they got very dirty.



5. _____

LOHAS means “l_____es of health and sustainability.”

II. Cloze Test

根據文意，選出最適當的答案。

Dear Diary,

Life is full of surprises. Sometimes it is good; 1 , other times it makes you sad. Here's the story today. It was a sunny day. I had a feeling that good things were going to happen. After I went outside, I was 2 by a beautiful girl who passed by. 3 joy, I kept looking at the girl when I headed for school. Then, when we were crossing the street, I suddenly stepped on a banana peel (香蕉皮) and fell down! 4 I felt so embarrassed, 5 up and quickly running away. Well...let's call it a day. I don't want to see that girl again!

- () 1. (A) besides (B) therefore (C) nevertheless (D) thus
- () 2. (A) devoted (B) remained (C) encountered (D) fascinated
- () 3. (A) With (B) Of (C) On (D) By
- () 4. (A) How awful was the situation! (B) How awful the situation was!
 (C) What the situation awful! (D) What the awful situation was!
- () 5. (A) stands (B) standing (C) and standing (D) and I stand

III. Writing

重組句子，並加上適當標點符號。

1. What / Vincent van Gogh / was / a great painter

2. Sarah / beautifully / danced / How

3. a wonderful breakfast / What / had / we / yesterday morning

4. leaving / his smartphone / Ben / on the sofa / ran out of the house

5. take some pictures / Sally / her camera / getting ready to / took out

IV. Guided Translation

根據中文及提示字首，寫出完整字詞。每格限填一字。

1. 丹麥成為世界上最快樂的國家之一，原因和「hygge」的觀念有關。

The reason that Denmark becomes one of the happiest countries in the world is t _____ d _____ w _____ the concept of “hygge.”

2. 相關部門今天剛實行新的工作守則。

The related department just p _____ the working guidelines i _____ p _____ today.

3. 這位學生完成自己的美術畫作，並期盼用它參加競賽。

This student finished his art work, l _____ f _____ to u _____ it in a competition.

4. Nancy 想要嘗試一個新的穿搭風格。

Nancy wants to t _____ o _____ a new dressing s _____.

5. Barack 先生鼓勵 Wendy 盡力而為，並且別太固執。

Mr. Barack encouraged Wendy to d _____ her b _____ and not to be too s _____.