

Life Topics: Changing Views

総合英語 ライフ トピックス 5

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***“The unexamined life is not worth living.”
– Socrates***

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The Joys of Anticipation

期待の喜び

◆ Pre-Reading Questions

1. Does it make you happy to anticipate something positive that may happen to you in the future?
2. Which makes you happier, thinking about something that happened to you in the past, or thinking about something similar that may happen to you in the future? For example, which makes you happier: remembering a past birthday celebration, or anticipating a future birthday celebration? Explain why.

◆ Vocabulary

1. Anticipating 期待する
2. Imagine 想像する
3. Nostalgia 懐かしさ
4. Pleasure 喜び
5. Source of happiness 幸せの源

- ◆ **Fill in each blank in the paragraph below with the correct word or phrase. Make sure you use the appropriate word forms.**

Jan and Jim are now (a) _____ traveling to some far away distant island. Two years ago, they went to Okinawa, and they remember that trip with (b) _____. They had great (c) _____ while swimming in the ocean and playing in the sand. Next year they are (d) _____ going to Bali, and that it will give them a great (e) _____.

◆ Reading

[1] **Anticipation** is an important **source of happiness**. It increases our enjoyment of any event, whether large or small. **Anticipation** is the joy you feel while looking forward to a future event. You should try to enjoy this added happiness for as long as you can, because when you do so, you are, in a way, experiencing the **pleasure** of an event before it actually happens.

[2] For example, if you were to buy a chocolate bar and then eat it right away, you would, of course, get **pleasure** from the act of eating it. But if you were to wait a few hours to eat it, you would get **pleasure** from both eating the chocolate and from your **anticipation** of eating it, giving you an extra, “free” **source of happiness**.

[3] When you are planning a trip, you may **imagine** all of the different things that could happen. The more you plan, the happier you become. According to certain studies, people who spend more time planning the details of a trip are generally happier than those who don't. It was also found that those who spend time **anticipating** future positive events are by and large happier.

[4] **Imagine** that you have decided to travel to a small tropical island with some friends. You may plan where to stay, shop, sightsee, and dine out, or which beaches to visit, what special events to attend, and what to do if the weather is bad. You could happily end up planning this trip for months ahead of time. Such careful “research” often gives us greater **pleasure** than just suddenly going somewhere with no planning. Once you arrive at your destination, you can then compare what you expected to what you actually find there. It could happen that, after the **pleasure** of **anticipating** and planning your trip in detail, the actual trip may turn out not as good for all kinds of reasons. The island itself may be crowded. There may be too much traffic. Prices may be too high. And there may even be bugs, snakes, and hungry sharks waiting to “eat you alive.”



[5] Thinking about pleasant past events is, of course, also a **source of happiness**. You can, with feelings of **nostalgia**, remember the last time you met your friends for coffee somewhere, or the time you went skiing in Aizu-Wakamatsu. We know what happened in the past. We know what an experience was like at the time it happened. By **anticipating** similar events that may happen in the future, we can increase our joy and enhance our experience, giving us even greater happiness. In other words, while we can think back on the past, we are free to **imagine** the future in great creative detail. Happiness is created by **imagining** what might happen and not knowing exactly



what the places, conversations, foods, scenery, and so on that we will experience will be like – and how we will feel when we experience them.

“There is no terror in a bang, only in the anticipation of it.” –Alfred Hitchcock

◆ Active Outline

1. Anticipation brings you _____ while you are waiting for some event to happen. (**happiness / sadness**)
2. Before getting a new jacket, say to increase your happiness, you _____, wait for as long as possible before actually going out and buying it. (**should / should not**)
3. The longer you anticipate an upcoming event, the _____ you become. (**happier / sadder / more stressed**)
4. You will feel happier if you _____ what to do on a trip. (**plan / do not plan**)
 - a. But it often happens that the actual trip ends up being _____ than you expected. (**better / worse**)
5. Thinking about pleasant past events is _____ a source of happiness. (**also / never**)
 - a. While we can only _____ the past with nostalgia, we are free to _____ what might happen in the future. (**imagine, remember / remember, imagine**)

◆ Comprehension

1. The more you plan for a future event, the _____ enjoyable it will be. (**more / less**)
2. If you decide to go around Tokyo taking photographs, the more you anticipate the different kinds of pictures you will take, the _____ you will be. (**sadder / happier**)
3. Between remembering the last movie you saw and thinking about the next movie you will see, it is usually _____ that will make you happier. (**nostalgia / anticipation**)

◆ Discussion / Writing

List three positive future events that you might plan for. (They can be something as simple as going out for dessert with some friends or something as exciting as climbing Mt. Fuji.)

1. _____ 2. _____ 3. _____

1. Choose one of the three **future events** that you listed above that might happen sometime soon. Then make a plan for it. **Think ahead! Be creative! Use your imagination!**

What I am looking forward to in the future is _____.
 What will happen is that I will go to _____. While there, I will visit a _____.
 It is my hope (that / to) _____.

2. Describe a past event that you really enjoyed.

The event happened about _____ (days / weeks / months / years) ago. I went with (my friends / my parents / alone / _____) (to a park / for coffee / to the beach / on a picnic / to have a meal / _____). The event took place in the city of _____.
 What we ate was _____, and we drank _____. The weather was _____.
 It was an (indoor / outdoor) event, and I thought that it was (better / worse) than I had expected because _____.
 The people (with me / whom I noticed around me) were _____. The place smelled like _____.
 The sounds I heard were _____. What was so (much fun / special / terrible) about the time was that _____.
 What I most remember about that time was that _____.

3. Now anticipate a similar event that might happen in the future. (Plan ahead and use your imagination.)

The next time that I will do this again will be in _____ (days / weeks / months / _____). What I look forward to the most is _____.
 What I will do to have a better time this time is to _____.
 I hope that _____ does not happen the next time. In case it does happen, I will prevent it by _____.
 I hope that this will result in _____.

Opinion: While you were writing the essays above, which did you enjoy more, thinking about the past or anticipating the future? Explain.



◆ Discussion / Debate

1. Overall, do you agree with the ideas expressed in this lesson about how anticipation affects people's happiness? Explain.

Overall I (do / do not) agree with the ideas about how anticipation affects people.

This is because _____

2. Do you agree that anticipation plays an important part in happiness? Explain.

I (do / do not) agree that anticipation plays an important part in happiness. This

is because _____

Make up some questions of your own that are related to today's reading. **Be creative!!**



How Long Does It Take to Make a Friend?

友人を作るのにどれくらい時間がかかりますか？

◆ Pre-Reading Question

How long does it take to make a friend? What is the best way to do this?

◆ Vocabulary

- | | |
|------------------------------|--------------------------|
| 1. Bond つなぐ, 絆 | 2. Casual friend たまに会う友人 |
| 3. Meaningful issues 意味のある問題 | 4. No guarantee 保証なし |
| 5. Priority 優先度 | 6. Small talk 雑談, 世間話 |

◆ Fill in each blank in the paragraph below with the correct word or phrase.

A certain brother and sister had a very close (a) _____. They made their relationship a top (b) _____ and often discussed (c) _____ like society, education, and other things that were important to them. They had a (d) _____ whom they were not very close to, but with whom they enjoyed making (e) _____ about such things as food and the weather. While the brother and sister tried to get along with everybody, there was (f) _____ that they could or would.

◆ Reading



“We have to put that time in. You can’t snap your fingers and make a friend.”
 – **Jeffrey Hall, University of Kansas**

[1] In the first study of its kind, a professor from the University of Kansas wanted to find out how long it takes to make a friend. Making a friend might appear to be a quite simple thing to do. All you have to do is to go out and meet many different people, find someone you like, spend time together, and create a **bond**! But just how long does it take to do that? And what is the best way to put that time to use? Those are some of the important questions the professor wanted answers to. He found that it takes from 40 to 60 hours to make a **casual friend**, 80 to 100 hours to make a regular friend, and 200 hours or longer to make a close friend. In other words, it takes a good deal of time to develop a close friendship. Of course, there is **no guarantee** that if we spend a lot of time with someone that our relationship will move from one of being just **casual friends** to one of being close friends.

[2] People are naturally social and want to **bond** with one another. The professor found that people who had friends were happier, healthier, and even live longer than those who didn’t. For high school or college students, it’s most important to have lots of friends of all types, some of whom will become close. As for older people, it is the quality of their friendships, not the number, that is more important.

[3] The hours spent together with classmates or people at work, do not appear to count so much in the making of a friendship. Even after spending hundreds of hours together at school or in the office, such relationships may not develop into real friendships. For that to happen, the key is to spend time together outside of class or work, doing different activities together. The professor also found that while talking with others helps create causal **bonds**, what really strengthens a relationship are the types of things that we talk about. Gossiping, engaging in **small talk**, and discussing boring topics do not lead to close friendships. Only by discussing **meaningful issues** does a friendship grow stronger. In other words, it is not just the amount of time we spend together that matters. What counts is the quality of that time.

[4] So, how do we go about making “good friends”? One step is to go out more often and to

meet other people with similar interests. Then, when you meet someone you like, you should go to different places and have different experiences together. You have to make your new friend a **priority**, because if you do not “meet up” regularly, the friendship will not happen. And while you may already be very busy and have a lot to do, take the time to find and make a close friend or two. So why bother? Because as the professor found out, having close friends really matters.

*“Maintaining close relationships is the most important work we do in our lives.
 Most people on their deathbeds agree.”* – **Jeffrey Hall**

◆ Active Outline

- The professor wanted to find out how _____.
 (long it takes to make a friend / many friends a person can have)
 - He also wanted to discover the best way to spend our _____ with that person.
 (money / energy / time)
- While we are in school, it is more important for us to have _____ friends.
 (older / close / many / few)
- Spending time together at work _____ always the best way to become good friends.
 (is / is not)
 - Spending time with another person doing meaningful things _____ matters in the forming of close bonds. (really / hardly)
- To create a close bond, it is better to have _____ different experiences together.
 (a few / many)

◆ Comprehension

Read the statements below and decide if they are true or false.

- If you spend a lot of time with someone, a close friendship will automatically develop. **True / False**
- It takes the same amount of time to make a casual friend, a regular friend, or a close friend. **True / False**
- For older people, the most important thing is to have as many friends as possible. **True / False**
- The type of conversation we have with others affects the closeness of our friendships with them. **True / False**
- If we want to become close friends with someone, we need to make developing our friendship with that person a top priority. **True / False**

◆ Critical / Creative Thinking

What parts of the reading do you agree with, disagree with, or have doubts about?

- | Agree | Disagree / Doubt |
|----------|------------------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |

Opinion: Overall, do you agree or disagree with the ideas expressed in today's reading? Why?

Overall I (agree / disagree) with the ideas. This is because _____
_____.

◆ Word Scramble

Unscramble the words to make complete sentences.

- for younger / of friendship / more important / What types / and for older people / are
_____?
- meaningful issues, / spend / not / important to / just gossiping. / It is / time discussing
_____.
- a friend / long it / to find out how / takes to make / The professor wanted
_____.
- and mountain climbing / good friend, / do things like / going skiing / you should / To make a / together
_____.
- to find and / some ways / friends, and why / What are / make / to do so / is it important
_____?

◆ Sentence Matching

Match the unscrambled sentences above with the paragraphs in today's reading in which the sentence's information can be found. Note that one sentence is not used.

- Paragraph 1. Sentence: _____ Paragraph 2. Sentence: _____
Paragraph 3. Sentence: _____ Paragraph 4. Sentence: _____

◆ Matching

Based on today's reading, match the sentence beginnings and endings.

- | | |
|---|-----|
| 1. A professor from Kansas wanted to measure | () |
| 2. He also wanted to know the best way to spend | () |
| 3. To make a close friend, it takes | () |
| 4. For college students, it is more important to | () |
| 5. You can strengthen your friendship | () |
| 6. You should go out and meet others with | () |
| 7. You need to see your new friend regularly, or | () |
| 8. The time spent at work or with classmates does | () |
-
- ... have many friends.
 - ... the friendship may not happen.
 - ... how long it takes to make a friend.
 - ... by discussing meaningful issues.
 - ... our time with a potential friend.
 - ... interests similar to yours.
 - ... not count much in making close friends.
 - ... 200 hours or longer.

◆ Writing Questions

List four interesting conversation topics for you to discuss with a new friend. (Ex: Is music important to you? Why or why not? Do you take an interest in politics? Why or why not?)

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

◆ Conversation

Now discuss one or two of your topics with a partner or in your group. Write down your partner's answers. Do you agree with their opinions? Explain.

On the topic of _____ I (do / do not) agree with their opinions. This is because _____
_____.

On the topic of _____ I (do / do not) agree with their opinions. This is because _____
_____.

◆ Discussion / Writing

1. The article states that to make a friend, we should go to different places and have many different experiences with a person. Plan an activity for someone you would like to become good friends with. Where would you go? What would you do? Think of at least three different places you might go to. Be creative and have fun!

When meeting a friend, we would go to _____.

What we would do while there is _____

_____. After that we would go to _____

_____. And finally, we would go to _____.

The different experiences and discussions that we will have during these times together include _____.

2. What are some other ways that we can strengthen our bonds with our friends?

3. What is your best advice for how to make a good friend?

Make up some questions of your own that are related to today's reading. **Be creative!!**



How to Form Good Habits

習慣を作る方法

◆ Pre-Reading Questions

Part I : What is the best way to form good habits such as getting more exercise or eating healthier? Explain.

Part II : Are you good at sticking with a good habit you have formed? Explain.

Part III : Do people who can stick to good habits (1) see many temptations around them but have the will power to resist them, or (2) do they arrange their environment so as not to notice the temptations?

◆ Vocabulary

1. Behaviors 行動 2. Repeated 繰り返される 3. Resist 抵抗
4. Rewards 報酬, 褒美 5. Willpower 意志力, 自制力

- ◆ Fill in each blank in the sentences below with the correct word. Make sure you use the appropriate word forms.

- a. It was well done and she was given a _____.
- b. I have the _____ to stop eating sweets.
- c. I must change my _____ and exercise more.
- d. We should _____ eating out too often.
- e. The teacher _____ the question three times.