

**The Best Reading & Discussion Textbook for
Intermediate and Advanced English Users!!!**

EXPRESS YOURSELF 1

**3rd Edition
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EXPRESS YOURSELF 1

Written by LIS KOREA Editorial Staff &
Duane Vorhees

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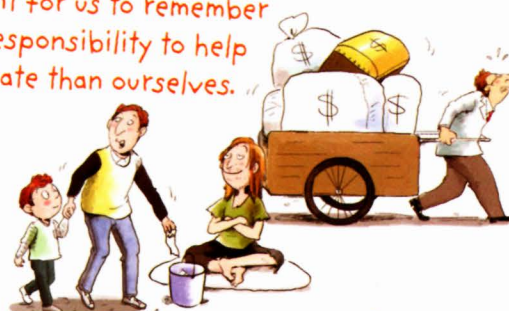
People have different attitudes toward living. Some seek self-centered* happiness, without any consideration for others. To them, “happiness” means wielding* political or economic power over others. But most of these people turn out to be disappointed in their pursuit of happiness: Since man’s desire is endless, nothing can fully satisfy their needs.

Other people believe that the first step to attaining happiness is to restrict personal desire. Priests, monks, and nuns are the most common representatives* of this group. By refraining* from worldly* passion, they think they are happy because they live their lives in accordance with* religious commands. But, can anyone without personal autonomy* be genuinely happy?

A third group consists of very ordinary people. They have no great wealth or political authority. While they may have religious beliefs, they do not turn their backs* on the world. They treasure their families, and they value the little things of everyday life. They are happy if they have three meals a day, a car (even a used car), a home, a vacation, enough money to educate their children....

Which group of people is the happiest? Who knows? If you think you are happy, then you are. Happiness is the result of how you think of yourself and the world you live in.

Son, it's important for us to remember that we have a responsibility to help those less fortunate than ourselves.



I worked hard for my money, and I'm not just going to throw it away.

Thank you sir. You just bought me lunch.

self-centered : interested only in yourself and not really caring what is happening to other people
wield : have and use (power, influence, etc.) **representative** : (sb/sth) that is typical of a group
refrain : not do (sth) you want to do **worldly** : relating to the human world and ordinary life rather than to religious or spiritual matters **in accordance with** : in a way that agrees with or follows
autonomy : ability to make your own decisions without being influenced by anyone else
turn your back on (sth) : refuse to be involved with (sth)

C omprehension

1. What is a “worldly passion”?
2. Who is the happiest person?
3. Are religious people the only ones who are truly happy?



E xpress Yourself

1. When is the best time of the day for you?
2. What do you do when you have some free time? Do you prefer spending it alone or with friends?
3. What types of social activities do you engage in?
4. What do you usually do on weekends?
5. Do you like to travel? Where have you been?
6. Which do you enjoy the most, coffee or tea? Something else?
7. Do you like music? Do you enjoy singing? What musical instruments can you play?
8. Have you ever volunteered to help others? What did you do? How did you feel?
9. Are you usually on time for dates? What do you think about the people who are usually late for appointments?
10. Are you a moviegoer, or do you prefer watching movies at home? What kinds of films do you like?
11. These days cooking programs on TV are very popular. Do you think cooking is an important skill that both men and women should have?
12. Some people say we don't have to cook at home because all kinds of ready-made foods are on the market. Do you agree?
13. Do you think you are frugal*? Why or why not?
14. Do you think the quality of your life is improving or getting worse? Why?
15. Do you think you are happy? Why or why not?
16. What is your life philosophy?
17. What would you think about becoming a priest, monk, or nun?
18. People like to have relationships with other people as much as possible. However, some say the more relationships you have, the more disappointed you are by them. Do you agree? Why or why not?
19. Do you think your future will be better than your present? Why or why not?

frugal : using money or supplies in a very careful way

1. The quality of my life is worsening, even as I have more money to spend. Of course, material wealth grows as the economy expands. But I don't think money is everything in terms of* the quality of life, which depends upon environmental factors, stress levels, crime rates, education, job satisfaction, and personal relationships. We all know our environment is becoming dirtier and crime is on the rise*. And everybody suffers from* stress, caused by a variety of sources, which shortens life expectancy* and increases illness — even material comfort can be a source of stress! So, the quality of life can't be measured* by material wealth.

2. I can't imagine my life being any better than it is right now! My parents give me a lot of freedom but are still a very protective force for me. I don't have much money to spend, but usually if I want something I just have to ask for it. My grades are okay, and I don't have to study excessively to achieve them, so I have a great deal of free time to devote to* my friends and interests. I have some excellent friends — and I have a Significant Other* who loves me! What more could I ever ask for?

in terms of (sth) : as far as (sth) is concerned

on the rise : increasing in amount, number, level, etc.

suffer from : experience pain, illness, or injury

life expectancy : average number of years that a person or animal can expect to live

measure : judge the importance, value, or extent of (sth)

devote to (sb) : use (time, money, energy, attention, etc.) for (sb)

significant other : (sb) that you have a romantic relationship with

Spending Lives Together Apart

Martha: Why don't you come to bed with me?

Tom : I'm not tired. Why don't you stay up* and watch the rest of this movie with me?

Martha: I'd like to, but I can't keep my eyes open a moment longer.

Tom : Well, okay. I'll tell you how it turns out*.

Martha: Please don't. I'll just watch it later, by myself.

Tom : We hardly ever spend any time together anymore.

Martha: Some of my friends' husbands are never home; they're always away on business. You never go anywhere, but I don't see very much of you.

Tom : It's our schedules. You get up early —

Martha: I have to fix* breakfast for you and the kids.

Tom : And I stay up late to read and watch TV.

Martha: Sometimes you don't go to bed until it's time for me to get up!

Tom : Your friends seem to spend their married lives in different time zones, but in a sense so do we!

Martha: Yes, that's right.

The early bird catches the worm. That's what Daddy told me.



But who wants to eat worms? The best food is to be found at night!

QUESTIONS

1. Are you an early bird* or a night owl*?
2. How much sleep is enough for you? Do you ever suffer from insomnia*?
3. How much control do you have over your sleep schedule?

stay up : continue to be awake past the time you usually go to bed

turn out : happen, end, or develop in a particular way

fix : make (sth) such as a meal ready

early bird : (sb) who rises, arrives, or acts before the usual or expected time

night owl : (sb) who enjoys staying up late at night

insomnia : inability to sleep

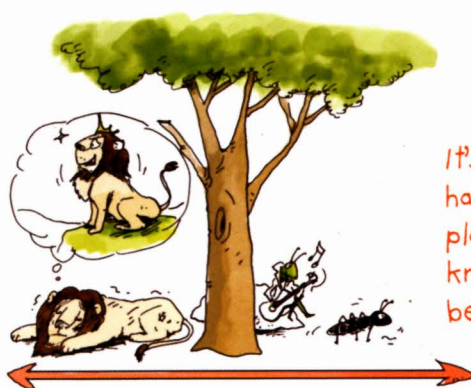
Carpe Diem* [Seize the Day] or Not

A close friend exemplifies* the “Live for Today” motto. He is one of the most interesting people I know. Despite his youth, he has traveled widely. He has lots of nice clothes and wonderful possessions, and is always generous when we go out together. To him, money is like water; as long as he has any, he gets whatever he wants and does whatever he wishes. But whenever he is unemployed, he has to borrow from me and other friends to eat and pay his rent. So far, he has managed to keep busy most of the time, but I worry about what will happen to him as he gets older or becomes sick; he obviously* has not acquired any savings.

Another close friend is “Ms Rainy Day.” She is always busy working, so it’s very hard to spend much time together. She is not miserly* or cheap*, but she has a very careful budget that she sticks to. As a result, she doesn’t have many new clothes, and she deprives herself of* a lot of nice things she would like to have. But she insists that she has to prepare for the future, just in case something unexpected happens; she wants to be ready financially for anything.

I’m reminded of the story about the ant and the grasshopper. The grasshopper spent all summer having a good time, while the ant slaved away* continuously. But when winter came, the ant was ready for the cold weather, and the grasshopper starved to death. However, one of the other ants also worked for most of the summer, with no time for enjoyment or relaxation — he had a heart attack* and died before he ever had a chance to take advantage of all the food that he had saved up for the winter.

Once upon a time, when I was king, these ants would not have dared to play in my presence. But now, let them be.



It's a good thing we have this chance to play. Because who knows when there will be a new young king?

QUESTIONS

1. Do you regret not doing something when you had the chance?
2. Did some impulsive* act on your part ever deprive you of some future or present comfort?
3. Which motto* best describes your own attitude?

carpe diem (Latin) : seize the day; enjoy the present **exemplify** : show (sth) very clearly
obvious : easy to see or notice **miserly** : hating to spend money **cheap** : not willing to share or spend money
deprive (sb) of (sth) : take (sth) away from (sb) **slave away** : work very hard
heart attack : serious medical condition in which (sb's) heart suddenly stops working

The Ups and Downs of Life

Man: Everybody's life has its ups* and downs*, right?

Friend: Sure.

Man: But it seems like some people mainly have ups and more ups, while others have downs and more downs.

Friend: Well, some people are good at turning their downs into ups while others make even ups downs.



QUESTIONS

1. What are some examples of how people reverse* their ups and downs?
2. What are the main causes* of your own ups and downs?
3. Do you know how to make downs ups, or do you routinely* make your ups downs?

impulsive : doing things suddenly and without careful thought; forceful

motto : short statement that expresses the aims or beliefs of (sb)

ups : state of success, happiness, etc. **downs** : state of failure, trouble, etc.

reverse : change (sth) to an opposite state or condition

cause : (sth) that produces an effect, result, or condition **routinely** : usually

1



The world is full of people making a good living but making poor lives.

2



In the story of life, death is not a period but a comma.

3



It has been said that life is a game — but how can we play it if we don't know where the goalposts are?

4



Some people treat life like a slot machine* — putting in as little as possible while hoping for a lucky jackpot*.

slot machine : machine used for gambling that starts when you put coins into it and pull a handle or press a button

jackpot : usually large amount of money won in a game of chance