

What Makes Us Happy?

#				EXAMPLE
1	for centuries	asrlar davomida	на протяжении веков	For centuries , people have travelled along this road.
2	assume <i>verb</i>	taxmin qilmoq	предполагать	I assumed you were busy, so I didn't call.
3	fame <i>noun</i>	shon-shuhrat	слава	The singer found fame at a young age.
4	modern psychology	zamonaviy psixologiya	современная психология	Modern psychology studies how we think and feel.
5	complicated story	murakkab holat	сложная история	The history of this building is a complicated story .
6	researcher	tadqiqotchilar	исследователи	The researchers interviewed over a thousand families.
7	basic needs	asosiy ehtiyojlar	базовые потребности	Food, water and shelter are basic needs .
8	surprisingly little	kutilganidan kam	удивительно мало	The new phone costs surprisingly little .
9	factor	omillar	факторы	Price is an important factor when choosing a flat.
10	strongest predictor	eng kuchli bashoratchi omillar	самые сильные показатели	Sleep is one of the strongest predictors of good health.
11	quality of relationships	munosabatlar sifati	качество отношений	Our happiness depends on the quality of our relationships .
12	follow people for decades	o'nlab yillar davomida kuzatgan	наблюдали за людьми десятилетиями	The study followed people for decades to see how their lives changed.
13	social connection	ijtimoiy aloqalar	социальные связи	Older people need regular social connection .
14	tend <i>verb</i>	moyil bo'lmoq	иметь склонность	Young people tend to sleep late.
15	isolated	yolg'izlashgan, ajralgan	изолированный	Living alone in the mountains, he felt isolated .
16	laugh <i>verb</i>	kulmoq	смеяться	We couldn't stop laughing at his joke.
17	boost mood	kayfiyatni ko'tarish	поднять настроение	A short walk can boost your mood .
18	possession	mol-mulk, buyumlar	имущество, вещи	His most treasured possession is his grandfather's watch.
19	gratitude	minnatdorchilik	благодарность	She wrote him a letter full of gratitude .
20	regularly <i>adverb</i>	muntazam	регулярно	I regularly go to the gym.
21	appreciate	qadrlamoq	ценить	I really appreciate everything you've done for me.
22	report <i>verb</i>	xabar bermoq, aytmoq	сообщать	Many students report feeling stressed before exams.
23	satisfied	qanoatlangan	удовлетворённый	Are you satisfied with your exam results?
24	psychologist <i>noun</i>	psixolog	психолог	The school has a psychologist for the students.

25	gratitude journal	minnatdorchilik daftari	дневник благодарности	Every night, I write three things in my gratitude journal .
26	thankful	minnatdor	благодарный	I'm thankful for my family's support.
27	sense of purpose	maqsad hissi	чувство цели	Her new job gives her a strong sense of purpose .
28	key ingredient	asosiy unsur	ключевой элемент	Patience is the key ingredient of good teaching.
29	longer-lasting happiness	uzoq davom etadigan baxt	долговременное счастье	Experiences bring longer-lasting happiness than things.
30	chase <i>verb</i>	quvmoq, ortidan yugurmoq	гоняться, преследовать	He spent his life chasing money.
31	short burst of pleasure	qisqa muddatli zavq lahzalari	кратковременные вспышки удовольствия	Sweets give only short bursts of pleasure .
32	creative project	ijodiy loyiha	творческий проект	Painting the school wall was a fun creative project .
33	of course <i>phrase</i>	albatta	конечно	Of course you can come with us.
34	guarantee happiness	baxtni kafolatlaydi	гарантирует счастье	Money doesn't guarantee happiness .
35	research <i>noun</i>	tadqiqot	исследование	She is doing research on climate change.
36	practical step	amaliy qadamlar	практические шаги	Turning off the TV at dinner is a practical step towards better family time.
37	achievement	yutuq	достижение	Finishing university was her biggest achievement .
38	purchase	xarid	покупка	A new car is a big purchase .
39	quietly	sekin-asta, sezilmasdan	тихо, незаметно	She quietly left the room so she wouldn't wake the baby.
40	everyday choice	kundalik tanlovlar	повседневный выбор	Small everyday choices can change your health.

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