

Do you agree or disagree with the following statement? Because the world is changing so quickly, people now are less happy or less satisfied with their lives than people were in the past.

I entirely agree with this statement, because the pace of ~~the progression and advancement get has~~ increased and people most of the time strive to adapt to this condition and do not pay attention to their life style. I will support this statement with some reasons.

To begin with, nowadays people are more stressed out in comparison with ~~people those~~ in past decades, and more scramble in the life. The High-tech world brings up too much pressure and tension for people, because they should work most of the time in order to keeping up to date, and achieve to sufficient knowledge, which ~~are is~~ indispensable to make the life better and convenient. People allocate more time to work and less to entertainment, ~~r~~ as a result, they get frustrated and depressed. They are not energized and motivatede in their life, so the chances are they lose the goals and forget ~~that~~ what they ~~make~~ attempt to do in ~~the~~ life ~~for~~?

In the past decades, people were more active and they ~~have had~~ more physical work to do, ~~nonethelessby contrast~~, today's people are more indolent and most of the time they sit at their desk and do their job, and do not have any motion all over the day. Consequently, they gain weight ~~and become fat~~, which ~~have has~~ long-term effects in on their health. They are under the risk of ~~the~~ heart attack, high-blood- pressure, diabetes and high levels of cholesterol, which affect the life span.

The other effect of the high-technical world is the communication between people. The subsistence among today's people become faint and they do not care ~~to about~~ their relations with their relatives and friends, so they will be high and dry, so ~~the~~ chances are to have a mental problem and become more aggressive. People cannot ~~to~~ contain their anger and along with the ills of the world, this issue influences the communication between people. For instance, most of the family members are busy with social networks-society and the internet, so they do not pay attention to each other.

To draw a conclusion, the pace of the changes in the world is too fast and people are struggling to withstand this circumstance and proceed along ~~with at~~ this pacevelocity. People should equilibrate strike a balance in this situation and care more ~~to about~~ their mental and physical health.