

Because the world is changing so quickly, people now are less happy or less satisfied with their lives than people were in the past.

Standing at the turn of the new century, we observe that technology is changinging the world. Numerous people work every day and they try to live a comfortable life. A question which is the matter of concern is whether we are happier than our ancestors? I am, to a great extent, of the opinion that we are more satisfieding than our fathers.

To begin with, no one can ignore the satisfaction offered by technology. Broadly speaking, technology facilitates life. We have much many equipment which helps us to live better. To be more specific we use automobiles, airplanes, cellphones and the Internet. All This equipment helps us to travel very fast, we can speak with our friends in other countries. Computers work rapidly, so we can have more leisure time to spend at our free will. New schools are more advanced than the previous ones schools, so our children can learn more and more. Our modern medical centers help us to have better medical care and those increase our longevity.

Of equal importance is the fact that Happiness depends on ourselves. Simply stated, if people try to be glad, they will find it in their lives. Although every person has different difficulties in his life, he must try to solve problems and live to be delighted. We need sport and other positive activities action to make a happy life. Psychologists can help us to understand our conditions and succeed in our lives. However, just as the English proverb goes, "every coin has two sides", the new era has some problems such as stress which annoy every one.

To put it in a nutshell, from my perspective we are happier than our ancestors. To recapitulate the reasons, not only does technology facilitates our lives, but also happiness depends on ourselves and it is independent of time.