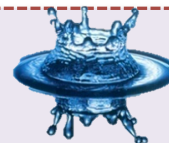


Reading and discussing (step 3)



Read this passage, find vocabulary, and talk about the topics on the next page.

What Do We Need?



What do we need in order to live a happy and healthy life? We need air to breathe, along with food, water, and sleep. But are these enough?

Abraham Maslow (1908 – 1970) wanted to know the answer to this question, so he studied people like Albert Einstein, Jane Addams, Eleanor Roosevelt, and Frederick Douglass, as well as some healthy college students. Then, in 1943, he published his ‘hierarchy of needs’ pyramid, which you can see on the next page.

The bottom four layers of this pyramid are ‘deficiency needs’: physiological, safety, friendship and love, and esteem. Physiological needs (layer 1) are the things we need for survival (air, food, water, clothing, and shelter). Without these, the human body cannot continue to function. The need for safety comes next. This layer of the pyramid includes justice, job security, and financial security.

The third layer of human needs is ‘social’. We need to feel accepted by other people such as family members, friends, lovers, or teachers. If this need is not met, people can become lonely and even depressed.

The fourth level is ‘esteem’. Everyone needs the respect of others, along with self-respect (confidence, independence, and freedom). A lack of self-esteem can lead to an inferiority complex, weakness and helplessness.

The final level of the pyramid contains our highest needs. At this level, we try to realize our dreams. This might mean doing well in sport, getting good grades, or expressing ourselves through hobbies. Self-actualization makes us independent and helps us to do things because we love doing them. In order to reach this level, all the lower needs must first be satisfied.

Vocabulary in context

Are there any words you don't know in this reading passage? Choose two words and write them in the table below. Look in the Glossary (► pages 151-168) to find their meanings. Make a new sentence for each word and write it in the table below.

word	sentence
1	
2	

There are more reading passages at <http://www.finchpark.com/KNUFLE/book-1/unit01/read.html>