

sense, their negative views and perceptions can be depressingly accurate, albeit slanted and incomplete. A lot of good their insight does them! It even makes you wonder whether a little self-delusion is necessary for happiness.

None of this is to say that insight is without value. Far from it. If you don't want to be a captive of your psychological conflicts, insight can be a powerful tool to loosen their grip. You'll probably feel less emotional pain, but that's different from happiness.

Speaking of which, my chronically depressed patient came to see me recently looking exceedingly happy. He had quit his job and taken a far less lucrative one in the art world. We got to talking about why he was feeling so good. "Simple," he said, "I'm doing what I like."

I realized then that I am pretty good at treating clinical misery with drugs and therapy, but that bringing about happiness is a stretch. Perhaps happiness is a bit like self-esteem: You have to work for both. So far as I know, you can't get an infusion of either one from a therapist.

1. The purpose of the first sentence in Paragraph 1 is _____.
 - A. to describe the faith of therapists
 - B. to arouse readers' interest in self-understanding
 - C. to lead readers onto the main theme
 - D. to link the preceding parts to the present one
2. The example of the young man is to show _____.
 - A. why he was so sad and anxious
 - B. the value of insight is limited
 - C. his self-knowledge was incomplete