

“THE WAY TO HAVE A HAPPY LIFE IS TO BE SO BUSY
DOING WHAT YOU LIKE ALL THE TIME THAT THERE IS
NO TIME LEFT TO THINK ABOUT WHETHER YOU ARE
HAPPY”

George Bernard Shaw

HAPPINESS: WHAT IS HAPPINESS? IS IT HAVING EVERYTHING YOU WISH FOR, HAVING MONEY, NOT HAVING TO DO WHAT YOU DON'T WANT TO DO ? ACTUALLY, HAPPINESS IS A "STATE OF MIND" THAT CAN BE DEVELOPED THROUGH UNDERSTANDING, DISCIPLINE AND THE DESIRE TO BE HAPPY IN SPITE OF SURROUNDING CIRCUMSTANCES. WHEN PERFORMING A NECESSARY TASK THAT WE WISH NOT TO DO, WE HAVE A CHOICE TO PERFORM THAT TASK IN A NEGATIVE MANNER OR TO PERFORM WITH HAPPINESS. THE TASK WILL FINISH WITH SPEED IF PERFORMED WITH HAPPINESS AND WE WILL HAVE COME CLOSER TO DEVELOPING THE "HAPPINESS STATE OF MIND ". WE ALL HAVE TO LIVE AND GO FORWARD, SO WHY NOT DO IT WITH HAPPINESS? ONCE THE MOMENT IS GONE, WE HAVE NOT THE POWER TO RECLAIM IT, SO BE HAPPY AND PRESENT A HAPPY FACE TO THE WORLD.

●It takes 72 muscles to frown—only 14 to smile!

●He deserves paradise who makes his companions laugh.

HAPPINESS is like a butterfly. The more you chase it, the more it will elude you. But if you turn your attention to other things, it comes and softly sits on your shoulder.

It has always seemed to me that hearty laughter is a good way to jog internally without having to go outdoors.

—Norman Cousins, *Anatomy of an Illness* (Norton)