

# BEST QUOTES ON HAPPINESS

I asked professors who teach the meaning  
of life to tell me what is happiness.  
And I went to famous executives who boss  
the work of thousands of men.  
They all shook their heads and gave me  
a smile as though I was trying to fool with them.  
And then one Sunday afternoon I  
wandered out along the DesPlaines River  
And I saw a crowd of Hungarians under  
the trees with their women and children  
and a keg of beer and an accordion.

--Carl Sandburg

Choose your life's mate carefully. From this one decision will come 90 percent of all  
your happiness or misery.

—H. Jackson Brown, Jr.

Three grand essentials to happiness in this life are something to do, something to  
love, and something to hope for.

--Joseph Addison

I am 100% responsible for my own happiness. It is a state of mind cultivated by my  
choices and habits, not by things or people. Yes, my children make me happy. Yes,  
sitting at the beach and watching a sunset makes me happy. But I don't ever want  
to make the mistake of thinking my happiness is dependent on something—a  
different job, more money, another child, wood floors, a remodeled bathroom.

--Kelle Hampton

We have no more right to consume happiness without producing it than to consume  
wealth without producing it.

--George Bernard Shaw

There is no psychiatrist in the world like a puppy licking your face.

—Ben Williams

The happy people are those who are producing something; the bored people are those who are consuming much and producing nothing.

--Dean W. R. Inge

The first recipe for happiness is: Avoid too lengthy meditations on the past.

--André Maurois

I believe in pink. I believe that laughing is the best calorie burner. I believe in kissing, kissing a lot. I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day and I believe in miracles.

—Audrey Hepburn

Unquestionably, it is possible to do without happiness; it is done involuntarily by nineteen-twentieths of mankind.

--John Stuart Mill

There is only one happiness in life, to love and be loved.

--George Sand

Some pursue happiness—others create it.

--Ralph Waldo Emerson

A laugh is a smile that bursts.

--Mary H. Waldrip

The young man who wants to marry happily should pick out a good mother and marry one of her daughters—any one will do.

--J. Ogden Armour

Talk happiness. The world is sad enough without your woe.

--Orison Swett Marden

Such short little lives our pets have to spend with us, and they spend most of it waiting for us to come home each day. It is amazing how much love and laughter they bring into our lives and even how much closer we become with each other because of them.

--John Grogan

Comparison is the thief of joy.

—Theodore Roosevelt

People who believe they'll be happy if they go and live somewhere else, learn it doesn't work that way. Wherever you go, you take yourself with you.

—Neil Gaiman

Unless each day can be looked back upon by an individual as one in which he has had some fun, some joy, some real satisfaction, that day is a loss.

—Dwight D Eisenhower

You can't be sad or cynical watching 'Singin' in the Rain.' I dare you to try. Those rich Technicolor hues; those dashing jawlines and cherubic smiles; the wry choreography; those soigné dyed-fox gowns and drop-waist, fringed flapper skirts; the goofball slapstick; those infectious show tunes, sung with bouncing trills and bright vibrato: They will always buck you up, with or without your consent.

—Catherine Rampell

Three films a day, three books a week and records of great music would be enough to make me happy to the day I die.

—François Truffaut

When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life.

—John Lennon

This sense of being at home is important to everyone's well-being. If you do not get enough of it, your happiness, resilience, energy, humor, and courage will decrease... Being at home feels safe; you have a sense of relief whenever you come home and close the door behind you... Home is the one place in the world. .. where you belong.... Coming home is your major restorative in life. These are formidably good things, which you cannot get merely by finding true love or getting married or having children or landing the best job in the world—or even by moving into the house of your dreams.

--Sandra Tsing Loh

Those who decide to use leisure as a means of mental development, who love good music, good books, good pictures, good plays, good company, good conversation—what are they? They are the happiest people in the world.

--William Lyon Phelps

Being a student at university, I can't afford adopting a pet from the shelter. Instead I buy plants nobody else wants from the store that are probably going to die and plant them on my terrace. Then I imagine they are happy to be alive and that makes me happy, too.

—Internet Meme

Don't let the darkness from your past block the light of joy in your present. What happened is done. Stop giving time to things which no longer exist, when there is so much joy to be found here and now.

—Karen Salmansohn

In the last months of her life, my mother-in-law dwelled in a hospital bed in our house. It took all of her strength to get down our steps, walk around the block, and get back to the front door. As we inched down the sidewalk, she pointed out every flower, the pattern in paving stones, the various shades of the trees and bushes. I had never seen my neighborhood like this. At first, I was infuriated by our pace. She would stop often, not because she was short of breath, but to examine the texture of a flower. It's hard to give ourselves even 15 minutes of the day. It means overcoming the nagging distraction of our many pressures and aims. My mother-in-law reminded me of the patient momentum of looking and really seeing, turning an ordinary walk into gladness for continuing to be among the living.

--Wendy Lustbader

The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.

—Tenzin Gyatso

There is room in the smallest cottage for a happy loving pair.

—Friedrich Schiller

Life is like a big red apple...only by taking a bite of it can I enjoy it's crisp, juicy sweetness. An apple can't be enjoyed to it's fullest by sitting and watching it.

—Unknown

From the latter weeks of October to Christmas-eve, therefore, is the period during which happiness is in season, which, in my judgment, enters the room with the tea-tray.

—Thomas De Quincey

No man can be happy without a friend, nor be sure of his friend till he is unhappy.

--Thomas Fuller

I really hope no white person ever has cause  
to write about me  
because they never understand  
Black love is Black wealth and they'll  
probably talk about my hard childhood  
and never understand that  
all the while I was quite happy.

--Nikki Giovanni

I have lived to know that the great secret of happiness is this: never suffer your  
energies to stagnate. The old adage of too many irons in the fire, conveys an  
abominable lie. You cannot have too many – poker, tongs and all – keep them all  
going.

—Adam Clarke

The more people eat fruit or veggies, the higher they score on tests of happiness, a  
study showed. Eating up to eight produce servings a day has the same impact as  
going from unemployed to employed.

—*AARP Magazine*

The purpose of a cookery book is one and unmistakable. Its object can conceivably  
be no other than to increase the happiness of mankind.

--Joseph Conrad

Don't wait for someone to bring you flowers. Plant your own garden and decorate  
your own soul.

—Mario Quintana

Even a happy life cannot be without a measure of darkness, and the word happy  
would lose its meaning if it were not balanced by sadness.

—C. G. Jung

Resolve not to be poor: whatever you have, spend less. Poverty is a great enemy to  
human happiness; it certainly destroys liberty, and it makes some virtues  
impracticable, and others extremely difficult.

—Samuel Johnson

One's work usually occupies more than half of one's waking life. Choosing work that does not bring happiness will lead to a life that is mostly disappointing.

--Bo Bennett

My unhappy reactions to Facebook may be more universal than I had realized. When I scroll through page after page of my friends' descriptions of how accidentally eloquent their kids are, and how their husbands are endearingly bumbling, and how they're all about to eat a home-cooked meal prepared with fresh local organic produce bought at the farmers' market and then go for a jog and maybe check in at the office because they're so busy getting ready to hop on a plane for a week of luxury dogsledding in Lapland, I do grow slightly more miserable. A lot of other people doing the same thing feel a little bit worse, too.

--Stephen Marche

Money doesn't always bring happiness. People with ten million dollars are no happier than people with nine million dollars.

--Hobart Brown

I cannot see that art is anything less than a way of making joys perpetual.

--Rebecca West

We all live with the objective of being happy; our lives are all different and yet the same.

—Anne Frank

Ships don't sink because of the water around them; ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.

—Unknown

I have found that the only thing that does bring you happiness is doing something good for somebody who is incapable of doing it for themselves.

—David Letterman

Anyone who says sunshine brings happiness has never danced in the rain.

—Internet Meme

If you're not having fun, it's not worth doing.

--Tommy Bolin

We want our kids to be happy living the life we envision for them—the banker who’s happy, the surgeon who’s happy, even though those professions might not actually make them happy. At least for parents of a certain demographic...we’re not so happy if our kids work at Walmart but show up each day with a smile on their faces. They’re happy, but we’re not. Even though we say what we want most for our kids is their happiness, and we’ll do everything we can to help them achieve that, it’s unclear where parental happiness ends and our children’s happiness begins.

--Barry Schwartz

If you want to live a happy life, tie it to a goal—not to people or things.

--Albert Einstein

I’ve found the worry and irritation vanish into thin air the moment I open my mind to the many blessings I possess.

--Dale Carnegie

I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn’t arrived yet. I have just one day, today, and I’m going to be happy in it.

--Groucho Marx

Happiness can exist only in acceptance.

--Denis De Rougemont

Laughing is good exercise. It’s like jogging on the inside.

--Kurt Vonnegut

Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.

--Helen Keller

Most of the unhappiness of the world is caused by the belief that the rest of the people are happy.

--Unknown

Wondrous is the strength of cheerfulness, and its power of endurance—the cheerful man will do more in the same time, will do it better, will persevere in it longer, than the sad or sullen.

—Thomas Carlyle

Think of all the beauty that's still left in and around you and be happy!  
--Anne Frank

Everyone, without exception is searching for happiness.  
--Blaise Pascal

I believe the recipe for happiness to be just enough money to pay the monthly bills you acquire, a little surplus to give you confidence, a little too much work each day, enthusiasm for your work, a substantial share of good health, a couple of real friends, and a wife and children to share life's beauty with you.  
--J. Kenfield Morley

Nothing blocks happiness like happiness remembered.  
--André Gide

A mother is as happy as her unhappiest child.  
--Jack Mabley

The best advice on the art of being happy is about as easy to follow as advice to be well when one is sick.  
--Anne Sophie Swetchine

The pleasures of learning are indeed pleasures. But in fact the word should be changed. The true name is happiness. There are three other types of happiness, superior to that of learning: the happiness of love fulfilled; the happiness of serving mankind; and the happiness of creation. Though it is beneath these, learning is still a great happiness, and can be a help toward the attainment of those others; and it is an essential part of a complete life. No learner has ever found that he ran short of subjects to explore. But many people who avoided learning, or abandoned it, find that life is drained dry. They spend thirty years in a club chair looking glumly out at the sand and ocean; in a hotel lounge gossiping about the other inmates; in a porch swing awaiting for somebody to drive down the road. But that is not how to live. The chief aim of education is to show you, after you make a livelihood, how to enjoy living; and you can live longest and best and most rewardingly by attaining and preserving the happiness of learning.

--Gilbert Highet

That is happiness; to be dissolved into something complete and great. When it comes to one, it comes as naturally as sleep.

--Willa Cather

A man is happy so long as he chooses to be happy and nothing can stop him.  
--Aleksandr Solzhenitsyn

Our kind of nation thrives not only on Gross National Product but on Gross National Happiness. We are the only nation, so far as I know, that has included among its declared purposes, 'the pursuit of happiness.'  
--Daniel Boorstin

You won't be happy with more until you're happy with what you've got.  
--Viki King

Enjoyment is not a goal, it is a feeling that accompanies important ongoing activity.  
--Paul Goodman

There is no hope of joy except in human relations.  
--Saint Exupéry

The most thoroughly wasted of all days is that on which one has not laughed.  
--Nicolas Chamfort

Most people are about as happy as they make up their minds to be.  
--Abraham Lincoln

Your success and happiness lie in you. External conditions are the accidents of life.  
--Helen Keller

The greater part of our happiness or misery  
depends on our disposition  
and not on our circumstances.  
--Martha Washington

Young people don't understand why, with so many advantages, they are not happier than they are. They don't form relationships that last. They don't expect anything permanent with one another. But the longing never goes away: everybody dreams of what life would be if one were loved.  
--Saul Bellow

Happiness? That's nothing more than health and a poor memory.  
--Albert Schweitzer

That which makes people dissatisfied with their condition, is the chimerical idea they form of the happiness of others.

--James Thomson

He who is not contented with what he has would not be contented with what he would like to have.

--Socrates

A happy life is not built up of tours abroad and pleasant holidays, but of little clumps of violets noticed by the roadside, hidden away almost so that only those can see them who have God's peace and love in their hearts; in one long continuous chain of little joys, little whispers from the spiritual world, and little gleams of sunshine on our daily work.

--Edward Wilson

Happiness does not consist in having what you want, but in wanting what you have.

--Confucius

The most delicate, the most sensible of all pleasures, consists in promoting the pleasure of others.

--Jean de La Bruyère

Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.

--Nathaniel Hawthorne

The belief that youth is the happiest time of life is founded on a fallacy. The happiest person is the person who thinks the most interesting thoughts, and we grow happier as we grow older.

--William Lyon Phelps

Happiness is the result of being too busy to be miserable.

--Paul Frank Baer

Contentment is when your earning power equals your yearning power.

--Unknown

The search for happiness is one of the chief sources of unhappiness.

--Eric Hoffer

What is it that every man seeks? To be secure, to be happy, to do what he pleases without restraint and without compulsion.

--Epictetus

Happiness is not a matter of good fortune or worldly possessions. It's a mental attitude. It comes from appreciating what we have, instead of being miserable about what we don't have. It's so simple—yet so hard for the human mind to comprehend.

—*Bits & Pieces*

Business originated to produce happiness.

--Charles Forbes

The amount of satisfaction you get from life depends largely on your own ingenuity, self-sufficiency, and resourcefulness. People who wait around for life to supply their satisfaction usually find boredom instead.

--Dr. William Menninger

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.

--Epictetus

To be happy, we must not be too concerned with others.

--Albert Camus

There is no greater sorrow than to recall, in misery, the time when we were happy.

--Dante Alighieri

It is the chiefest point of happiness that a man is willing to be what he is.

--Desiderius Erasmus

We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about.

--Charles Kingsley

Close friends contribute to our personal growth. They also contribute to our personal pleasure, making the music sound sweeter, the wine taste richer, the laughter ring louder because they are there.

--Judith Viorst

Happiness is not a station you arrive at, but a manner of traveling.

--Margaret Runbeck

Where the soul is full of peace and joy, outward surrounding and circumstances are of comparatively little account.

—Hannah Whitall Smith

Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile.

—Sir Wilfred Grenfell

Life itself can't give you joy,  
Unless you really will it;  
Life just gives you time and space—  
It's up to you to fill it.

--*Optimist*

Life is a progress from want to want, not from enjoyment to enjoyment.

--Samuel Johnson

Man, unlike the animals, has never learned that the sole purpose of life is to enjoy it.

—Samuel Butler

A man can be happy with any woman as long as he does not love her.

--Oscar Wilde

If I look at you superficially, we are different, and if I put my emphasis on that level, we grow more distant. We are the same human flesh. I want happiness, you also want happiness. From that mutual recognition we can build respect and real trust for each other. From that can come cooperation and real harmony, and from that we can stop many problems.

--Dalai Lama

When the flowers grow through the grass, as if laughing at the playful sunshine early on a May morning; and the little birds are singing as beautifully as then can; with what rapture then can we compare all this?

--Walther von der  
Vogelweide

The road to happiness lies in two simple principles; find what it is that interests you and that you can do well, and when you find it put your whole soul into it—every bit of energy and ambition and natural ability you have.

--John D. Rockefeller

If people become ecstatic the whole society will have to change, because this society is based on misery. If people are blissful you cannot lead them to war -- to Vietnam, or to Egypt, or to Israel. No. Someone who is blissful will just laugh and say: This is nonsense!

—Osho

Happiness isn't something you experience; it's something you remember.

--Oscar Levant

Joyfulness keeps the heart and face young. A good laugh makes us better friends with ourselves and everybody around us.

—Orison Swett Marden

Friendship improves happiness, and abates misery, by doubling our joy, and dividing our grief.

--Joseph Addison

Happy he who dies before he calls for death to take him away.

--Francis Bacon

Life is to be fortified by many friendships. To love and to be loved is the greatest happiness of existence.

--Sydney Smith

Be friends with everybody. When you have friends you will know there is somebody who will stand by you. You know the old saying, that if you have a single enemy you will find him everywhere. It doesn't pay to make enemies. Lead the life that will make you kindly and friendly to every one about you, and you will be surprised what a happy life you will live.

--Charles M. Schwab

The main thing needed to make men happy is intelligence..and it can be fostered by education.

--Bertrand Russell

The secret of happiness is this: Let your interests be as wide as possible, and let your reactions to the things and persons that interest you be as far as possible friendly rather than hostile.

--Bertrand Russell

Mankind has become so much one family that we cannot insure our own prosperity except by insuring that of everyone else. If you wish to be happy yourself, you must resign yourself to seeing others also happy...Contempt for happiness is usually contempt for other people's happiness, and is an elegant disguise for hatred of the human race.

--Bertrand Russell

What a wonderful life I've had! I only wish I'd realized it sooner.

--Colette

Happiness is not a state to arrive at, but a manner of traveling.

--Margaret Lee Runbeck

The pursuit of happiness is a most ridiculous phrase: if you pursue happiness you'll never find it.

--C. P. Snow

Man's real life is happy, chiefly because he is ever expecting that it soon will be so.

--Edgar Allan Poe

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

--Helen Keller

The greatest happiness you can have is knowing that you do not necessarily require happiness.

--William Saroyan

A man should always consider how much he has more than he wants, and how much more unhappy he might be than he really is.

--Joseph Addison

One thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.

--Albert Schweitzer

The secret of happiness is not in doing what one likes, but in liking what one has to do.

--James M. Barrie

Happiness is essentially a state of going somewhere, wholeheartedly, one-directionally, without regret or reservation.

--William H. Sheldon

It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere.

--Agnes Repplier

Happiness is a small and unworthy goal for something as big and fancy as a whole lifetime, and should be taken in small doses.

--Russell Baker

He who laughs, lasts.

--W. E. Nesom

The great pleasure in life is doing what people say you cannot do.

--Walter Bagehot

Pleasure is frail like a dewdrop; while it laughs it dies.

--Rabindranath Tagore

Pleasure is the only thing to live for. Nothing ages like happiness.

--Oscar Wilde

There is no such thing as pure pleasure; some anxiety always goes with it.

--Ovid

Happiness doesn't depend upon who you are or what you have; it depends solely upon what you think.

--Dale Carnegie

If a man has important work, and enough leisure and income to enable him to do it properly, he is in possession of as much happiness as is good for any of the children of Adam.

--R. H. Tawney

Those who decide to use leisure as a means of mental development, who love good music, good books, good pictures, good plays, good company, good conversation—what are they? They are the happiest people in the world.

--William Lyon Phelps

Happiness lies, first of all, in health.

--George William Curtis

We are not sent into this world to be miserable.

--J. Mortimer Granville

Running around the outside of an insane society, the healthiest thing you can do is laugh.

--Warren Hinckle

No man is happy who does not think himself so.

--Publilius Syrus

Happiness lies not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

--Franklin D. Roosevelt

Man is the only animal whose desires increase as they are fed; the only animal that is never satisfied.

--Henry George

I have often noticed that a kindly, placid good-humor is the companion of longevity, and, I suspect, frequently the leading cause of it.

--Sir Walter Scott

To have the sense of creative activity is the great happiness and the great proof of being alive.

—Matthew Arnold

The happiest time in any man's life is when he is in red-hot pursuit of a dollar with a reasonable prospect of overtaking it.

--Josh Billings

American business overlooks the power of fun in relation to productivity...it is just another example of how the embalming fluid has soaked into the fabric of most businesses. Fun is discouraged. The implication is that if fun is allowed, work becomes secondary. I challenge that because I know better. Fun and effort are related, success in an open company comes naturally.

--Hal Klopp

The best way to cheer yourself is to try to cheer somebody else up.  
--Mark Twain

I have known some quite good people who were unhappy, but never an interested person who was unhappy.  
--A. C. Benson

We call 'happiness' a certain set of circumstances that makes joy possible. But we call joy that state of mind and emotions that needs nothing to feel happy.  
--Andre Gide

One joy scatters a hundred griefs.  
--Chinese Proverb

The secret of joy is the mastery of pain.  
--Anaïs Nin

Why is it that so many people are afraid to admit they are happy?...If everything is going as well as could possibly be expected and you ask them how they are, they say, 'Can't complain.'  
--William Lyon Phelps

Happiness is not a matter of events; it depends upon the tides of the mind.  
--Alice Meynell

When one is happy there is no time to be fatigued; being happy engrosses the whole attention.  
--E. F. Benson

Why should we refuse the happiness this hour gives us, because some other hour might take it away?  
--John Oliver Hobbes

Man never has what he wants, because what he wants is everything.  
--C. F. Ramuz

Yes, there is a Nirvannah; it is in leading your sheep to a green pasture, and in putting your child to sleep, and in writing the last line of your poem.  
--Kahlil Gibran

Just as a cautious business man avoids tying up all his capital in one concern, so, perhaps, worldly wisdom will advise us not to look for the whole of our satisfaction from a single aspiration.

--Sigmund Freud

Unhappy is the man whom man can make unhappy.

--Ralph Waldo Emerson

If you cannot find happiness along the way, you will not find it at the end of the road.

--Unknown

I never lose sight of the fact that just living is fun.

—Katharine Hepburn

True happiness comes when you can look in the mirror and like what you see.

--Unknown

The business of life is to enjoy oneself; everything else is a mockery.

--Norman Douglas

Happiness is only anticipating possibilities, denying impossibilities. Life is filled up with dreams of the future.

--Wilhelm Stekhel

Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things only hoped for.

--Epicurus

To be without some of the things you want is an indispensable part of happiness.

--Bertrand Russell

The wretched are in this respect fortunate, that they have the strongest yearnings after happiness; and to desire is in some sense to enjoy.

--William Hazlitt

I look at what I have not and think myself unhappy; others look at what I have and think me happy.

--Joseph Roux

Our nature holds so much envy and malice that our pleasure in our own advantages is not so great as our distress at others.

--Plutarch

What does any man want? To be left alone with his life, and have some hope of making that life what he wants it to be.

--LeRoi Jones

Good nature is worth more than knowledge, more than money, more than honor, to the persons who possess it.

--Henry Ward Beecher

Good-humor is a philosophic state of mind; it seems to say to Nature that we take her no more seriously than she takes us.

--Ernest Renan

The good life, as I conceive it, is a happy life. I do not mean that if you are good you will be happy; I mean that if you are happy you will be good.

--Bertrand Russell

He that is of a merry heart hath a continual feast.

--*Proverbs* 15:15

The right to happiness is fundamental:  
Men live so little time and die alone.

--Bertolt Brecht

All who joy would win  
Must share it,—Happiness was born a Twin.

—Lord Byron

You are forgiven for your happiness and your successes only if you generously consent to share them.

--Albert Camus

Happiness depends, as Nature shows,  
Less on exterior things than most suppose.

--William Cowper

A merry heart doeth good like a medicine.

--*Proverbs* 17:22

Happiness does not lie in happiness, but in the achievement of it.

--Fyodor Dostoevsky

Of mortals there is no one who is happy.  
If wealth flows in upon one, one may be perhaps  
Luckier than one's neighbor, but still not happy.

--Euripides

Happiness is brief.  
It will not stay.  
God batters at its sails.

--Euripides

A great obstacle to happiness is to anticipate too great a happiness.

--Fontenelle

Human felicity is produced not so much by great pieces of good fortune that seldom happen as by little advantages that occur every day.

--Benjamin Franklin

What we call happiness in the strictest sense comes from the (preferably sudden) satisfaction of needs which have been dammed up to a high degree.

--Sigmund Freud

Modern man's happiness consists in the thrill of looking at the shop windows, and in buying all that he can afford to buy, either for cash or on installments.

--Erich Fromm

Happiness makes up in height for what it lacks in length.

--Robert Frost

Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is.

--Maxim Gorky

Happiness is composed of misfortunes avoided.

--Alphonse Karr

When you jump for joy, beware that no one moves the ground from beneath your feet.

--Stanislaw Lec

I am happy and content because I think I am.

--Alain-Rene Lesage

Ask yourself whether you are happy, and you cease to be so.

--John Stuart Mill

We should consider every day lost on which we have not danced at least once. And we should call every truth false which was not accompanied by at least one laugh.

--Friedrich Nietzsche

It is not enough to be happy, it is also necessary that others not be.

--Jules Renard

Happiness is indeed a Eurydice, vanishing as soon as gazed upon. It can exist only in acceptance, and succumbs as soon as it is laid claim to.

--Denis de Rougemont

The happiest is he who suffers the least pain; the most miserable, he who enjoys the least pleasure.

--Jean-Jacques  
Rousseau

Everyman's happiness is built on the unhappiness of another.

--Ivan Turgenev

Indolence is a delightful but distressing state: we must be doing something to be happy.

--William Hazlitt

The greatest happiness of life is the conviction that we are loved, loved for ourselves, or rather loved in spite of ourselves.

--Victor Hugo

Money brings some happiness. But after a certain point, it just brings more money.  
—Neil Simon

Enjoy yourself—it's later than you think.  
--Chinese Proverb

Don't wait for the day when 'you can relax' or when 'your problems will be over.'  
The struggles of life never end. Most good things in life are fleeting and transitory.  
Enjoy them. Don't waste time looking forward to the 'happy ending' to all your  
troubles.

--Robert L. Woolfold

Always laugh when you can. It is cheap medicine.  
--Lord Byron

Happiness is the only good.  
The place to be happy is here.  
The time to be happy is now.  
The way to be happy is to make others so.  
--Robert Ingersoll

Real happiness is not dependent on external things. The pond is fed from within.  
The kind of happiness that stays with you is the happiness that springs from  
inward thoughts and emotions. You must cultivate your mind if you wish to achieve  
enduring happiness. You must furnish your mind with interesting thoughts and  
ideas. For an empty mind seeks pleasure as a substitute for happiness.  
--Lillian Eichler

Be happy while y'er leevin,  
For y'er a lang time deid.  
--Scottish Proverb

Get happiness out of your work or you may never know what happiness is.  
--Elbert Hubbard

I have learned to seek my happiness by limiting my desires, rather than in  
attempting to satisfy them.  
--John Stuart Mill

The rule of my life is to make business a pleasure, and pleasure my business.  
--Aaron Burr

Happiness is in the taste, and not in the things themselves; we are happy from possessing what we like, not from possessing what others like.  
--La Rochefoucauld

Happiness is rarely absent; it is we that know not of its presence.  
--Maurice Maeterlinck

Joy is not in things; it is in us.  
—Richard Wagner

A man of gladness seldom falls into madness.  
—English Proverb

Amusement is the happiness of those who cannot think.  
--Alexander Pope

Most pleasures, like flowers, when gathered, die.  
—Neil Young

Contentment consisteth not in adding more fuel, but in taking away some fire; not in multiplying of wealth, but in subtracting men's desires.  
--Thomas Fuller

Content lodges oftener in cottages than palaces.  
--Thomas Fuller

If all our misfortunes were laid in one common heap, whence every one must take an equal portion, most people would be content to take their own and depart.  
--Socrates

A happy life must be to a great extent a quiet life, for it is only in an atmosphere of quiet that true joy can live.  
--Bertrand Russell

Happiness is a by-product of an effort to make some one else happy.  
--Gretta Palmer

We deem those happy who, from the experience of life, have learned to bear its ills, without being overcome by them.

--Juvenal

Happiness is the goal of every normal human being. As it is given to few men to die happy, the best that man can hope and strive and pray for is momentary happiness during life, repeated as frequently as the cards allow.

--G. J. Nathan

Happiness is the only sanction of life; where happiness fails, existence remains a mad and lamentable experiment.

--George Santayana

So long as we can lose any happiness, we possess some.

--Booth Tarkington

How to gain, how to keep, how to recover happiness is in fact for most men at all times the secret motive of all they do, and of all they are willing to endure.

--William James

Mankind are always happy for having been happy; so that if you make them happy now, you make them happy twenty years hence by the memory of it.

--Sydney Smith

Happiness grows at our own firesides, and is not to be picked in strangers' gardens.

--Douglas Jerrold

Nothing is happy in every way.

--Horace

How bitter a thing it is to look into happiness through another man's eyes!

--William Shakespeare

One can endure sorrow alone, but it takes two to be glad.

--Elbert Hubbard

Happiness is not a destination. It is a method of life.

--Burton Hills

We are never content with our lot; the worst time is always the present.  
--Jean de La Fontaine

Pleasure is the object, the duty, and the goal of all rational creatures.  
--Voltaire

The man of pleasure, by a vain attempt to be more happy than any man can be, is often more miserable than most men are.  
--Charles Caleb Colton

Gather ye rosebuds while ye may,  
Old Time is still a-flying,  
And this same flower that smiles to-day  
To-morrow will be dying.  
--Robert Herrick

Instinct teaches us to look for happiness outside ourselves.  
--Blaise Pascal

The world of those who are happy is different from the world of those who are not.  
--Ludwig Wittgenstein

Sufficient for me are a corner by the hearth, a book, a friend, and time enough for sleep, undisturbed by debts or sorrows.  
--Andres Fernandez de Andrada

The summit of pleasure is the elimination of all that gives pain.  
--Epicurus

Happiness seems to require a modicum of external prosperity.  
--Aristotle

The greatest happiness is to know the source of unhappiness.  
-Fyodor Dostoevsky

Happiness does not come from what you have, but from what you are.  
—Zig Ziglar

It's not where you are but what you are that determines your happiness.  
--Unknown

Cheerfulness greases the axles of the world.  
—H. W. Byles

Cheerfulness is contagious, but it seems like some folks have been vaccinated against the infection.  
--John Mason

Happiness comes when we stop wailing about the troubles we have, and offer thanks for all the troubles we don't have.  
--Unknown

Contentment in life consists not in great wealth, but in having few wants.  
--Epictetus

To be content, just think how happy you would be if you lost everything you have right now, and then got it back again!  
—Frances Rodman

The happiest people are those who are too busy to notice whether they are happy or not.  
—Evan Esar

Some people find happiness by making the most of what they don't have.  
--Unknown

Only when man's life comes to its end in prosperity can one call that man happy.  
--Aeschylus

If you don't enjoy what you have, how could you be happier with more?  
—John Mason

Happiness is not perfected until it is shared with others.  
--Jane Porter

The secret of success and happiness lies not in doing what you like, but in liking what you do.  
—J. M. Barrie

It's pretty hard to tell what brings happiness; poverty and wealth have both failed.  
--Kin Hubbard

Happy he who learns to bear what he cannot change!  
—Friedrich Schiller

The happiest people are those who are too busy to notice whether they are happy or not.  
—Evan Esar

The plain fact is that human beings are happy only when they are striving for something worthwhile.  
--Unknown

A sound mind in a sound body, is a short but full description of a happy state in this world.  
--John Locke

True happiness is of a retired nature, and an enemy to pomp and noise; it arises, in the first place, from the enjoyment of one's self; and, in the next, from the friendship and conversation of a few select companions.  
--Joseph Addison

What makes men happy is liking what they have to do. This is a principle on which society is not founded.  
--Claude Adrien  
Helvetius

The most outstanding characteristic of Eastern civilization is to know contentment, whereas that of Western civilization is not to know contentment.  
--Hu Shih

There is only one way to achieve happiness  
on this terrestrial ball,  
And that is to have either a clear conscience,  
or none at all.  
--Ogden Nash

The most wasted day of all is that on which we have not laughed.

—Nicolas Chamfort

The four conditions for happiness:

- (1) Life in the open air.
- (2) The love of another being.
- (3) Freedom from all ambition.
- (4) Creation.

--Albert Camus

Most people seek after what they do not possess and are thus enslaved by the very things they want to acquire.

--Anwar al-Sadat

Only when he has ceased to need things can a man truly be his own master and so really exist.

--Anwar al-Sadat

The happiness of life is made up of minute fractions—the little soon forgotten charities of a kiss or smile, a kind look, a heartfelt compliment, and the countless infinitesimals of pleasurable and genial feeling.

--Samuel Taylor  
Coleridge

Even in the common affairs of life, in love, friendship, and marriage, how little security have we when we trust our happiness in the hands of others!

--William Hazlitt

The two foes of human happiness are pain and boredom.

--Arthur Schopenhauer

There is no more mistaken path to happiness than worldliness, revelry, high life.

--Arthur Schopenhauer

Nothing contributes so much to tranquilize the mind as a steady purpose—a point on which the soul may fix its intellectual eye.

--Mary Wollstonecraft  
Shelley

You shall have joy, or you shall have power, said God; you shall not have both.

--Ralph Waldo Emerson

Life in common among people who love each other is the ideal of happiness.

--George Sand

One way of getting an idea of our fellow-countrymen's miseries is to go and look at their pleasures.

--George Eliot

Justice is the only worship.

Love is the only priest.

Ignorance is the only slavery.

Happiness is the only good.

The time to be happy is now,

The place to be happy is here,

The way to be happy is to make others so.

--Robert Green Ingersoll

Grief can take care of itself, but to get the full value of a joy you must have somebody to divide it with.

--Mark Twain

Laugh, and the world laughs with you;

Weep, and you weep alone.

--Ella Wheeler Wilcox

A lifetime of happiness! No man alive could bear it: it would be hell on earth.

--George Bernard Shaw

Man's happiness in life is the result of man's own effort and is neither the gift of God nor a spontaneous natural product.

--Ch'en Tu-hsiu

How simple and frugal a thing is happiness: a glass of wine, a roast chestnut, a wretched little brazier, the sound of the sea....All that is required to feel that here and now is happiness is a simple, frugal heart.

--Nikos Kazantzakis

Many a time the thing left silent makes for happiness.

--Pindar

When we are unable to find tranquility within ourselves, it is useless to seek it elsewhere.

--Francois de La  
Rochefoucauld

Unhappiness does make people look stupid.

--Anatole France

What makes man most unhappy is to be deprived not of that which he had, but of that which he did not have, and did not really know.

--Jacques Maritain

I have discovered that all man's unhappiness derives from only one source—not being able to sit quietly in a room.

--Blaise Pascal

When a man has lost all happiness,  
he's not alive. Call him a breathing corpse.

--Sophocles

There is a time when a man distinguishes the idea of felicity from the idea of wealth; it is the beginning of wisdom.

--Ralph Waldo Emerson

He has spent his life best who has enjoyed it most.

--Samuel Butler

There are two things to aim at in life: first, to get what you want; and, after that, to enjoy it. Only the wisest of mankind achieve the second.

--Logan Pearsall Smith

We are long before we are convinced that happiness is never to be found; and each believes it possessed by others, to keep alive the hope of obtaining it for himself.

--Samuel Johnson

Whoever does not regard what he has as most ample wealth, is unhappy, though he be master of the world.

--Epicurus

The formula for complete happiness is to be very busy with the unimportant.

--A. Edward Newton

It is neither wealth nor splendor, but tranquility and occupation, which give happiness.

--Thomas Jefferson

A great obstacle to happiness is to expect too much happiness.

--Bernard Le Bovier de  
Fontenell

What right have we to happiness?

--George Eliot

What sunshine is to flowers, smiles are to humanity. They are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable.

--Joseph Addison

A light heart lives long.

--William Shakespeare

I have always preferred cheerfulness to mirth. The latter is an act, the former a habit of the mind. Mirth is short and transient; cheerfulness, fixed and permanent. Mirth is like a flash of lightning, that breaks through a gloom of clouds, and glitters for a moment. Cheerfulness keeps up a kind of daylight in the mind, filling it with a steady and perpetual serenity.

--Joseph Addison

There is no greater every-day virtue than cheerfulness. This quality in man among men is like sunshine to the day, or gentle renewing moisture to parched herbs. The lights of a cheerful face diffuses itself, and communicates the happy spirit that inspires it. The sourest temper must sweeten in the atmosphere of continuous good humor.

--Tryon Edwards

You find yourself refreshed by the presence of cheerful people. Why not make an earnest effort to confer that pleasure on others? Half the battle is gained if you never allow yourself to say anything gloomy.

—Lydia Maria Child

Every time a man smiles, and much more when he laughs, it adds something to his fragment of life.

--Laurence Sterne

Happiness consists in being perfectly satisfied with what we have got and with what we haven't got.

-Charles Spurgeon

If one only wished to be happy, this could be easily accomplished; but we wish to be happier than other people, and this is always difficult, for we believe others to be happier than they are.

--Montesquieu

Happiness is the supreme object of existence.

--J. Gilchrist Lawson

The haunts of happiness are varied, but I have more often found her among little children, home firesides, and country houses than anywhere else.

--Sydney Smith

He only is happy as well as great who needs neither to obey nor command in order to be something.

—Johann Wolfgang von  
Goethe

There is in all of us an impediment to perfect happiness, namely, weariness of what we possess, and a desire for what we have not.

--Mad. Rieux

It is not the place, nor the condition, but the mind alone that can make any one happy or miserable.

—Sir Roger L'Estrange

Whether happiness may come or not, one should try and prepare one's self to do without it.

--George Eliot

I have now reigned above fifty years in victory or peace, beloved by my subjects, dreaded by my enemies, and respected by my allies. Riches and honors, power and pleasure, have waited on my call, nor does any earthly blessing appear to have been wanting to my felicity. In this situation, I have diligently numbered the days of pure and genuine happiness which have fallen to my lot; they amount to fourteen. O man, place not thy confidence in this present world!

--The Caliph Abdelraham

All pleasure must be bought at the price of pain. The difference between false and true pleasure is this: for the true, the price is paid before you enjoy it; for the false, after you enjoy it.

--John Foster

Pleasure is very seldom found where it is sought. Our brightest blazes of gladness are commonly kindled by unexpected sparks.

--Samuel Johnson

They who have never known prosperity can hardly be said to be happy; it is from the remembrance of joys we have lost, that the arrows of affliction are pointed.

—Henry Mackenzie

The greatest humbug in the world is the idea that money can make a man happy. I never had any satisfaction with mine until I began to do good with it.

--C. Pratt

Money and time are the heaviest burdens of life, and the unhappiest of all mortals are those who have more of either than they know how to use.

--Samuel Johnson

Happiness is a direction—not a place.

--Bill Sands

I am more and more convinced that our happiness or unhappiness depends far more on the way we meet the events of life than on the nature of those events themselves.

--Wilhelm van Humboldt

What a man is contributes much more to his happiness than what he has.

--Arthur Schopenhauer

The happiness of your life depends upon the quality of your thoughts.

--Marcus Aurelius

What is happiness? It depends so little on the circumstances; it depends really only on that which happens inside a person.

--Dietrich Bonhoeffer

Fortify yourself with contentment, for this is an impregnable fortress.

--Epictetus

If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden, or looking for dinosaur eggs in the Gobi desert. He will not be searching for happiness as if it were a collar button that has rolled under the radiator. He will have become aware that he is happy in the course of living twenty-four crowded hours of the day.

--W. Beran Wolfe

Happy people are never wicked.

--Dutch Proverb

A contented heart is better than a full purse.

--Italian Proverb

Happiness is the one thing in life that multiplies by division. The more happiness one gives to others the more he has himself.

--Jonah J. Goldstein

The secret of contentment is knowing how to enjoy what you have.

--Lin Yu-t'ang

He is the happiest, be he king or peasant, who finds peace in his home.

--Johann Wolfgang von  
Goethe

Fate often puts all the material for happiness and prosperity into a man's hands just to see how miserable he can make himself.

--Don Marquis

If your capacity to acquire has outstripped your capacity to enjoy, you are on the way to the scrap-heap.

--Glen Buck

No enjoyment, however inconsiderable, is confined to the present moment. A man is happier for life from having made once an agreeable tour, or lived for any length of time with pleasant people, or enjoyed any considerable interval of innocent pleasure.

--Sydney Smith

Keep your face to the sunshine and you cannot see the shadow.

--Helen Keller

True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.

--Wilhelm von Humboldt

The first half of life consists of the capacity to enjoy without the chance; the last half consists of the chance without the capacity.

--Mark Twain

May we never let the things we can't have, or don't have, or shouldn't have, spoil our enjoyment of the things we do have and can have. As we value our happiness let us not forget it, for one of the greatest lessons in life is learning to be happy without the things we cannot or should not have.

--Richard L. Evans

No man is happy without a delusion of some kind. Delusions are as necessary to our happiness as realities.

--Christian Nestell Bovee

Contentment is a pearl of great price, and whoever procures it at the expense of ten thousand desires makes a wise and a happy purchase.

--John Balguy

The secret of contentment is knowing how to enjoy what you have, and to be able to lose all desire for things beyond your reach.

--Lin Yutang

Cheerfulness removes the rust from the mind, lubricates our inward machinery, and enables us to do our work with fewer creaks and groans. If people were universally cheerful, probably there wouldn't be half the quarreling or a tenth part of the wickedness there is. Cheerfulness, too, promotes health and immortality. Cheerful people live longest here on earth, afterward in our hearts.

--L. M. Child

So of cheerfulness, or a good temper, the more it is spent, the more it remains.

--Ralph Waldo Emerson

The cheerful live longest in years, and afterwards in our regards. Cheerfulness is the off-shoot of goodness.

--Christian Nestell Bovee

The great happiness of life, I find, after all, to consist in the regular discharge of some mechanical duty.

--Johann von Schiller

The busy have no time for tears.

--Lord Byron

An inexhaustible good nature is one of the most precious gifts of heaven, spreading itself like oil over the troubled sea of thought, and keeping the mind smooth and equable in the roughest weather.

--Washington Irving

Indolence is a delightful but distressing state; we must be doing something to be happy. Action is no less necessary than thought to the instinctive tendencies of the human frame.

--Mahatma Gandhi

Hope is itself a species of happiness, and, perhaps, the chief happiness which this world affords.

--Samuel Johnson

I have known some quite good people who were unhappy, but never an interested person who was unhappy.

--A. C. Benson

My creed is that:

Happiness is the only good.

The place to be happy is here.

The time to be happy is now.

The way to be happy is to make others so.

--Robert G. Ingersoll

Remember that happiness is a way to travel—not a destination.

--Roy M. Goodman

Happiness is a small and unworthy goal for something as big and fancy as a whole lifetime, and should be taken in small doses.

--Russell Baker

Few people can be happy unless they hate some other person, nation, or creed.

--Bertrand Russell

Happiness is the interval between periods of unhappiness.

--Don Marquis

Man needs, for his happiness, not only the enjoyment of this or that, but hope and enterprise and change.

--Bertrand Russell

Respect yourself enough to walk away from anything that no longer serves you, grows you or makes you happy.

—Robert Tew

Happiness is the innocent enjoyment of simple things.

--J. Donald Walters

Happiness is finding love through giving love.

--J. Donald Walters

The roots of happiness grow best in the soil of service.

--Ruth B. Love

Very little is needed to make a happy life. It is all within yourself, in your way of thinking.

--Marcus Aurelius

If you want happiness for an hour—  
take a nap.

If you want happiness for a day—  
go fishing.

If you want happiness for a month—  
get married.

If you want happiness for a year—  
inherit a fortune.

If you want happiness for a lifetime—  
help someone else.

--Chinese Proverb

All crimes, all hatred, all wars can be reduced to unhappiness.

--A. S. Neill

Happiness does not depend on good health or money or fame....It depends, however, principally on one thing only: your thoughts. If you can't have what you want, be grateful for what you have. Keep thinking constantly of all the big things you have to be thankful for instead of complaining about the little things that annoy you.

--Dale Carnegie

One is happy as a result of one's own efforts,  
once one knows the necessary  
ingredients of happiness—

simple tastes,  
a certain degree of courage,  
self-denial to a point,  
love of work, and above all,  
a clear conscience.

Happiness is no vague dream,  
of that I now feel certain.

--George Sand

Resolve to keep happy, and your joy and you shall form an invisible host against difficulty. Happiness cannot come from without. It must come from within. It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other person and then for ourselves.

--Helen Keller

Those who bring sunshine to the lives of others cannot keep it from themselves.

--James Barrie

Happiness is not the absence of conflict, but the ability to cope with it.

--Steve Maraboli

The pleasure of life is according to the man that lives it, and not according to the work or place.

--Ralph Waldo Emerson

Whenever you are sincerely pleased you are nourished.

--Ralph Waldo Emerson

Satisfaction of one's curiosity is one of the greatest sources of happiness in life.

--Linus Pauling

Happiness is not a goal; it is a by-product.

--Eleanor Roosevelt

You don't know what joy and happiness are unless you experience some sadness.

--Lynn Johnston

Happiness doesn't depend on outward conditions. It depends on inner conditions. It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about.

--Dale Carnegie

If you were happy every day of your life you wouldn't be a human being, you'd be a game show host.

--From the movie  
*Heather*

Every moment of your life that is not a complete nightmare is happiness.

--Merrill Markoe

Achievement of your happiness is the only moral purpose of your life, and that happiness—not pain or mindless self-indulgence—is the proof of your moral integrity, since it is the proof and the result of your loyalty to the achievement of your values.

--Ayn Rand

Happiness is a Chinese meal; sorrow is a nourishment forever.

--Carolyn Kizer

There is no happiness; there are only moments of happiness.

--Spanish Saying

'And that,' put in the Director sententiously, 'that is the secret of happiness and virtue—like what you've got to do. All conditioning aims at that: making people like their unescapable social destiny.'

--Aldous Huxley

If there were in the world today any large number of people who desired their own happiness more than they desired the unhappiness of others, we could have a paradise in a few years.

--Bertrand Russell

There are four varieties in society; the lovers, the ambitious, observers, and fools.  
The fools are the happiest.

--Hippolyte Taine

Success is getting what you want; happiness is wanting what you get.

--Dale Carnegie

Happiness sometimes comes from ignorance—not knowing how much better your  
life might be.

--Unknown

On the whole, the happiest people seem to be those who have no particular cause for  
being happy except that they are so.

--William Inge

That action is best which procures the greatest happiness for the greatest numbers.

--Francis Hutcheson

If society were different, we might be content just to do something well. But no one  
is pleased to simply do what they do. What's important for us is always what doesn't  
exist.

--Jasper Johns

Happiness is having a scratch for every itch.

--Ogden Nash

I am more important than my problems.

--José Ferrer

I'm cheerful. I'm not happy, but I'm cheerful. There's a big difference....A happy  
woman has no cares at all; a cheerful woman has cares and learns to ignore that.

--Beverly Sills

You can destroy your now by worrying about tomorrow.

--Janis Joplin

What, me worry?

—*MAD* Magazine's  
Alfred E. Neuman

Pleasure is everything.

--Diana Vreeland

My idea of happiness is not to order anybody around and not to be ordered around.

--Francis Picabia

Happiness is the cheapest thing in the world...when you buy it for someone else.

—Paul Flemming

How much we enjoy what we have is more important than how much we have. Life is full of people who have more than they know what to do with, but cannot be content. It is the capacity to enjoy life that brings contentment.

--Unknown

Whoever said money can't buy happiness didn't know where to shop.

--Bo Derek

Wear a smile and have friends; wear a scowl and have wrinkles. What do we live for if not to make the world less difficult for each other?

--George Eliot

Happiness is like a kiss—in order to get any good out of it you have to give it to someone else.

--Larry James

Happiness has many roots, but none more important than security.

--E. R. Stettinius, Jr.

Prudence is an attitude that keeps life safe, but does not often make it happy.

--Samuel Johnson

Whenever you are sincerely pleased you are nourished.

--Ralph Waldo Emerson

The greatest pleasure of life is love.

--Euripides

If you aren't happy with what you've got now, what makes you think you'll be happier with more?

--John M. Capozzi

Before we set our hearts too much upon anything, let us examine how happy those are who already possess it.

--François de La  
Rochefoucauld

The sense of humor is the oil of life's engine. Without it, the machinery creaks and groans. No lot is so hard, no aspect of things is so grim, but it relaxes before a hearty laugh.

--G. S. Merriam

There is no greater pain than the remembrance of past happiness in present misery.

--Dante Alighieri

Don't mistake pleasure for happiness. They are a different breed of dog.

--Josh Billings

Happiness is having a large, loving, caring, close-knit family in another city.

--George Burns

There is only one way to achieve happiness on this terrestrial ball, and that is to have either a clear conscience or none at all.

--Ogden Nash

I live in a constant endeavour to fence against the infirmities of ill health, and other evils of life, by mirth; being firmly persuaded that every time a man smiles, but much more so, when he laughs, that it adds something to this Fragment of Life.

--Laurence Sterne

We seek our happiness outside ourselves, and in the opinion of men we know to be flatterers, insincere, unjust, full of envy, caprice and prejudice.

--Jean de La Bruyere

Amusement is the happiness of those that cannot think.

--Alexander Pope

'Tis easy enough to be pleasant, when life flows like a song. But the man worthwhile is the one who will smile when everything goes dead wrong.

--Ella Wheeler Wilcox

It is the people who can do nothing who find nothing to do, and the secret of happiness in this world is not only to be useful, but to be forever elevating one's uses.

--Sarah Orne Jewett

Happiness must be cultivated. It is like character. It is not a thing to be safely let alone for a moment, or it will run to weeds.

--Elizabeth Stuart Phelps

Happiness is a sunbeam which may pass through a thousand bosoms without losing a particle of its original ray; nay, when it strikes on a kindred head, like the converged light on a mirror, it reflects itself with redoubled brightness. It is not perfected till it is shared.

--Jane Porter

The pleasures of the world are deceitful; they promise more than they give. They trouble us in seeking them, they do not satisfy us when possessing them, and they make us despair in losing them.

--Mme. de Lambert

There is no cosmetic for beauty like happiness.

--Lady Blessington

What can be added to the happiness of a man who is in health out of debt and has a clear conscience.

--Adam Smith

The secret of happiness is not found in seeking more, but in developing the capacity to enjoy less.

--Dan Millman

A happy life is one spent in learning, earning and yearning.

--Lillian Gish

Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to be needed.

--Storm Jameson

The human spirit needs to accomplish, to achieve, to triumph to be happy.

--Ben Stein

If a man examine carefully his thoughts he will be surprised to find how much he lives in the future. His well-being is always ahead.

—Ralph Waldo Emerson

Not in novelty but in habit and custom do we find the greatest pleasure.

--Raymond Radiguet

Man's ultimate happiness lies not in this life.

--Thomas Aquinas

There is only one duty: that is to be happy.

—Denis Diderot

The satisfied, the happy, do not live; they fall asleep in habit, near neighbor to annihilation.

--Miguel de Unamuno

The main thing today is shopping. Years ago a person, he was unhappy, didn't know what to do...he'd go to church, start a revolution—something. Today you're unhappy? Can't figure it out?...Go shopping.

--Arthur Miller

Knowledge of what is possible is the beginning of happiness.

--Santayana

Puritanism: The haunting fear that someone, somewhere may be happy.

--H. L. Mencken

The superior man is satisfied and composed; the mean man is always full of distress.

--Confucius

The small share of happiness attainable by man exists only insofar as he is able to cease to think of himself.

--Theodor Reik

Most people get a fair amount of fun out of their lives, but on balance life is suffering, and only the very young or the very foolish imagine otherwise.

--George Orwell

Happy the man, and happy he alone,  
He who can call today his own;  
He who, secure within, can say,  
Tomorrow, do thy worst, for I have lived today.

--John Dryden

Inherited wealth is a big handicap to happiness. It is a certain death to ambition as cocaine is to morality.

--William K. Vanderbilt

What a miserable thing life is: you're living in clover, only the clover isn't good enough.

--Bertolt Brecht

Most of us miss out on life's big prizes. The Pulitzer. The Nobel. Oscars. Tonys. Emmys. But we're all eligible for life's small pleasures. A pat on the back. A kiss behind the ear. A four-pound bass. A full moon. An empty parking space. A crackling fire. A great meal. A glorious sunset. Hot soup. Cold beer. Don't fret about copping life's grand awards. Enjoy its tiny delights. There are plenty for all of us.

--*United Technologies  
Corporation  
Advertisement*

It is the working man who is the happy man. It is the idle man who is the miserable man.

--Benjamin Franklin

True contentment is the power of getting out of any situation all that there is in it.

--G. K. Chesterton

A good laugh is sunshine in a house.

—William Makepeace  
Thackeray

We never enjoy perfect happiness; our most fortunate successes are mingled with sadness; some anxieties always perplex the reality of our satisfaction.

--Corneille

There are two ways of being happy: We must either diminish our wants or augment our means.

--Benjamin Franklin

Each day of your life, as soon as you open your eyes in the morning, you can square away for a happy and successful day. It's the mood and the purpose at the inception of each day that are the important facts in charting your course for the day. We can always square away for a fresh start, no matter what the past has been. It's today that is the paramount problem always. Yesterday is but history.

--George Matthew Adams

No thoroughly occupied man was ever yet very miserable.

--L. E. Landon

That pleasure which is at once the most pure, the most elevating and the most intense, is derived, I maintain, from the contemplation of the beautiful.

--Edgar Allan Poe

If we are ever to enjoy life, now is the time—not tomorrow, nor next year, nor in some future life after we have died. The best preparation for a better life next year is a full, complete, harmonious, joyous life this year. Our beliefs in a rich future life are of little importance unless we coin them into a rich present life. Today should always be our most wonderful day.

--Thomas Dreier

It is the growling man who lives a dog's life.

--Coleman Cox

Doubly rich is the man still boyish enough to play, laugh and sing as he carries and emanates sunshine along a friendly road.

--Charles R. Wiers

Like swimming, riding, writing or playing golf, happiness can be learned.

--Dr. Boris Sokoloff

He who seeks only for applause from without has all his happiness in another's keeping.

--Oliver Goldsmith

Happiness consists not in having much, but in being content with little.

--Marguerite Gardiner

I don't believe that happiness is a lost art; I don't believe it is an art at all. It is simply that the accepted symbols of happiness have changed. In the nineteenth century, a woman accepted her lot as a happy one if...

She had a husband who didn't beat her every day.

Her children were a credit to her.

She was allowed to join in the conversation at dinner—at least until the port arrived and the talk became interesting.

Now—it would seem—for a woman to be happy, she must have...

A career...a spin dryer...diamonds...TV...a mink-lined mackintosh...a lover...an electric toaster...good health...pep-pills...and sedatives...two cars (at least)...Jane Fonda's face and Simone de Beauvoir's intellect...a working knowledge of child psychology...a child...a husband who beats her every Friday.

--Mary Quant

If you are too busy to laugh, you are too busy.

--Proverb

It's a hard, sad life for most people. Don't scorn the simple things that give them pleasure.

--D. Suttan

What a terrible time people have trying to have a good time!

--Ed Howe

The Constitution guarantees you the pursuit of happiness, but doesn't guarantee that you will catch up with it.

—Benjamin Franklin

It is hard to be happier than other people because we always believe others to be happier than they are.

--Charles de Montesquieu

The only really happy folk are married women and single men.

—H. L. Mencken

If you ever find happiness by hunting for it, you will find it as the old woman did her spectacles—safe on her nose all the time.

--Josh Billings

Every man is thoroughly happy twice in his life: just after he has met his first love, and just after he has left his last one.

—H. L. Mencken

If you would make a man happy, do not add to his possessions but subtract from his desires.

--Seneca

The happiest people seem to be those who have no particular reason for being happy except that they are.

--W. R. Inge

The happiest periods in a man's life are his boyhood and about ten years from now.

—Eugene Wood

Happiness consists of filling a child's stomach, a woman's wardrobe, and a man's wallet.

—Evan Esar

Happiness is like jam: it's hard to spread even a little without getting some on yourself.

—Evan Esar

A man never knows what real happiness is until he gets married, and then it's too late.

--Henny Youngman

It is not pleasure that makes life worth living; it is life that makes pleasure worth having.

--Bernard Shaw

Pleasure should be a mixed dish: one part taking, and two parts giving.

—Evan Esar

The greatest of all pleasure is the pleasure of giving pleasure.

--Unknown

We tire of those pleasures we take, but never of those we give.

—Jean de La Bruyère

The world wisely prefers happiness to wisdom.

--Will Durant

It is funny but true, a man will sin most when he is happiest.

--Peggy Hopkins Joyce

The happiness of the great consists only in thinking how happy others must think them to be.

--Francis Bacon

Men are the only animals who devote themselves assiduously to making one another unhappy.

—H. L. Mencken

People should be sufficiently discontented to feel there is something to live for.

--Bernard Shaw

Half the world is unhappy because it can't have the things that are making the other half unhappy.

--Unknown

There are three things, once one's basic needs are satisfied, that academic literature points to as the ingredients for happiness: having meaningful social relationships, being good at whatever it is one spends one's days doing, and having the freedom to make life decisions independently.

—Joe Pinsker

Being better educated, richer, or more accomplished doesn't do much to predict whether someone will be happy. In fact, it might mean someone is less likely to be satisfied with life.

—Joe Pinsker

The ancient Greek definition of happiness was the full use of your powers along lines of excellence.

--John F. Kennedy

The happiest moments of my life have been the few which I have past at home in the bosom of my family....public employment contributes neither to advantage nor happiness. It is but honorable exile from one's family and affairs.

--Thomas Jefferson

There are only two roads that lead to something like human happiness. They are marked by the words: love and achievement....In order to be happy oneself it is necessary to make at least one other person happy....The secret of human happiness is not in self-seeking but in self-forgetting.

--Theodore Reik

The circus is the only spectacle I know that, while you watch it, gives the quality of a truly happy dream.

--Ernest Hemingway

All happiness depends on a leisurely breakfast.

--John Gunther

The end for which we all more or less strive is happiness. Our differences in behavior are due to our different notions of what happiness is.

--Louise Ropes Loomis

It is the very pursuit of happiness that thwarts happiness.

--Viktor E. Frankl

Everything exists in limited quantity—even happiness.

--Pablo Picasso

The people who think they are happy should rummage through their dreams.

--Edward Dahlberg

Tell me what you feel in your room when the full moon is shining in upon you and your lamp is dying out, and I will tell you how old you are, and I shall know if you are happy.

--Henri-Frédéric Amiel

Action is the antidote to despair.

--Joan Baez

Anticipation was the soul of enjoyment.

--Elizabeth Gaskell

A single sunbeam is enough to drive away any shadows.

--Saint Francis of Assisi

Don't choose to be right, choose to be happy.

--Unknown

Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.

--William Feather

The gift of happiness belongs to those who unwrap it.

—J. T. O'Hara

The foolish person seeks happiness in the distance. The wise grow it under their feet.

--James Oppenheim

If anyone were to ask me what I want out of life I would say—the opportunity for doing something useful, for in no other way, I am convinced, can true happiness be attained.

--Eleanor Roosevelt

I also came to understand that we cannot expect flowers to bloom continuously in life.

--Beverly Cleary

The teeth are smiling, but is the heart?

--Congo Proverb

A smile is contagious; be a carrier.

—Internet Meme

Success is getting what you want. Happiness is liking what you get.

--H. Jackson Brown

The best things in life aren't things.

--Art Buchwald

It is only when we become conscious of our part in life, however modest, that we shall be happy. Only then will we be able to live in peace and die in peace, for only this lends meaning to life and to death.

--Antoine de  
Saint-Exupery

Man can never be happy if he does not nourish his soul as he does his body.

--*The Rebbe*

To show a child what once delighted you, to find the child's delight added to your own—this is happiness.

--J. B. Priestley

In the pursuit of happiness half the world is on the wrong scent. They think it consists in having and getting, and in being served by others. Happiness is really found in giving and in serving others.

--Henry Drummond

It is the paradox of life that the way to miss pleasure is to seek it first. The very first condition of lasting happiness is that a life should be full of purpose, aiming at something outside self.

--Hugh Black

Make happy those who are near, and those who are far will come.

--Chinese Proverb

Laughter is the music of life.

--Sir William Osler

Until further notice, celebrate everything.

--Unknown

My opinion is that you never find happiness until you stop looking for it.

-- Chuang-tzu

The foolish man seeks happiness in the distance; the wise man grows it under his feet.

-- James Oppenheim

A happy heart is better than a full purse.

-- Italian Proverb

Good humor is one of the best articles of dress one can wear in society.

-- William Makepeace  
Thackeray

'Tis easy enough to be pleasant, when life flows like a song. But the man worthwhile is the one who will smile when everything goes dead wrong.

--Ella Wheeler Wilcox

The secret of happiness lies in taking a genuine interest in all the details of daily life, and in elevating them to art.

--William Morris

Happiness? A good cigar, a good meal, a good cigar, and a good woman—or a bad woman; it depends on how much happiness you can handle.

--George Burns

The most exciting happiness is the happiness generated by forces beyond your control.

--Ogden Nash

If you are not happy you had better stop worrying about it and see what treasures you can pluck from your own brand of unhappiness.

--Robertson Davies

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.

--Hugh Downs

Joy is the feeling of grinning on the inside.

--Dr. Melba Colgrove

Happiness is the quiet lull between problems.

--Paul Reiser

Happiness is getting a brown gravy stain on a brown dress.

--Totie Fields

The secret of peace: a devout worship of the moment.

-- Sylvia Plath

Laughter is an instant vacation!

--Milton Berle

What a wonderful life I've had! I only wished I'd realized it sooner.

--Colette

Happiness is an attitude of mind, born of the simple determination to be happy under all outward circumstances.

--J. Donald Walters

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

--Martha Washington

Cheerfulness gives sweetness to life.

--Philippine Proverb

When we recall the past, we usually find that it is the simplest things—not the great occasions—that in retrospect give off the greatest glow of happiness.

--Bob Hope

Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it.

--Bill Cosby

The ancient Greek definition of happiness was the full use of your powers along lines of excellence.

--John F. Kennedy

Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.

--Eleanor Roosevelt

Action may not always bring happiness, but there is no happiness without action.

--Benjamin Disraeli

He has the most who is most content with the least.

--Diogenes

The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty, and Truth.

--Albert Einstein

We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry.

--E. B. White

When I was a child people simply looked about them and were moderately happy; today they peer beyond the seven seas, bury themselves waist deep in tidings, and by and large what they see and hear makes them unutterably sad.

--E. B. White

Happiness is not a state to arrive at—it is a by-product.

--Eleanor Roosevelt

Those whom you can make like themselves better will, I promise you, like you very well.

--Lord Chesterfield

Humor is the great thing, the saving thing, after all. The minute it crops up, all our hardnesses yield, all our irritations and resentments slip away, and a sunny spirit takes their place.

--Mark Twain

Happiness is your dentist telling you it won't hurt and then having him catch his hand in the drill.

--Johnny Carson

The world is full of people looking for spectacular happiness while they snub contentment.

--Doug Larson

There is no duty we so much underrate as the duty of being happy. By being happy we sow anonymous benefits upon the world.

--Robert Louis Stevenson

Serenity comes not alone by removing the outward causes and occasions of fear, but by the discovery of inward reservoirs to draw upon.

--Rufus M. Jones

Happiness is not a destination. It is the attitude with which you choose to travel.

--Yogi Arit Desal

Though laughter seems like a trifle, yet it has a power perhaps more despotic than anything else, and one that is well-nigh irresistible; it often changes the tendency of the greatest affairs, as it very often dissipates hatred and anger.

--Quintilian

A smile is a curve that sets everything straight.

--Phyllis Diller

Prosperity is living easily and happily in the real world, whether you have money or not.

--Jerry Gillies

A sure way to lose happiness, I found, is to want it at the expense of everything else.

--Bette Davis

The talent for being happy is appreciating and liking what you have, instead of what you don't have.

--Woody Allen

It is only possible to live happily ever after on a day-to-day basis.

--Margaret Bonnano

The only cure for grief is action.

--George Henry Lewes

One of the keys to happiness is a bad memory.

--Rita Mae Brown

I am more and more convinced that our happiness or unhappiness depends more on the way we meet the events of life than on the nature of those events themselves.

--Alexander Humboldt

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

--The Dalai Lama

It is how people respond to stress that determines whether they will profit from misfortune or be miserable.

--Mihaly  
Csikszentmihalyi

We find no real satisfaction or happiness in life without obstacles to conquer and goals to achieve.

--Maxwell Maltz

Remember that happiness is a way of travel - not a destination.

--Roy M. Goodman

Wherever you go, no matter what the weather, always bring your own sunshine.

--Anthony J. D'Angelo

The only truly happy people are children and the creative minority.

--Jean Caldwell

### **IN LIFE'S GARDEN**

Count your garden by the flowers,  
never by the leaves that fall.

Count your days by the golden hours,  
don't remember the clouds at all.

Count your nights by the stars,  
not by shadows.

Count your life with smiles not tears,  
and with joy through all your life.

Count your age by friends not years.

--Unknown

You can think best when you're happiest.

--Peter Thomson

Joy does not happen to us; we have to choose it every day.

--Henri Nouwen

You cannot be mad at somebody who makes you laugh—it's as simple as that.

--Jay Leno

Happiness comes from comparing yourself to a reference group that is relatively worse off.

--Scott Adams

A smile is the light in your window that tells others that there is a caring, sharing person inside.

--Denis Waitley

A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?

--Albert Einstein

I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.

--Bob Hope

We are the only country in the world that has written 'the pursuit of happiness' into its founding document, thus guaranteeing that we'll never be satisfied.

--Andrei Codrescu

Cheerfulness, it would appear, is a matter which depends fully as much on the state of things within, as on the state of things without and around us.

--Charlotte Bronte

Happiness is an expression of the soul in considered actions.

--Aristotle

Zeal is very blind, or badly regulated, when it encroaches upon the rights of others.

--Pasquier Quesnal

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

--Norman Vincent Peale

Happiness is perfume you can't pour on others without getting a few drops on yourself.

--Ralph Waldo Emerson

There can be no happiness if the things we believe in are different from the things we do.

--Freya Madeline Stark

Some cause happiness wherever they go; others whenever they go.

--Oscar Wilde

To complain that life has no joys while there is a single creature whom we can relieve by our bounty, assist by our counsels, or enliven by our presence, is to lament the loss of that which we possess, and is just as rational as to die of thirst with the cup in our hands.

--Fitzosborne

An effort made for the happiness of others lifts us above ourselves.

--Lydia M. Child

In the pursuit of happiness half the world is on the wrong scent. They think it consists in having and getting, and in being served by others. Happiness is really found in giving and in serving others.

--Henry Drummond

I slept and dreamt that life was joy. I awoke to find that life was service. I acted and behold, service was joy.

--Paul D. Houston

Look at a day when you are supremely satisfied at the end. It is not a day when you lounge around doing nothing. It's when you've had everything to do, and you've done it.

--Margaret Thatcher

Love one another and you will be happy. It's as simple and as difficult as that.

—Michael Leunig

'Love' is that condition in which the happiness of another person is essential to your own... Jealousy is a disease, love is a healthy condition. The immature mind often mistakes one for the other, or assumes that the greater the love, the greater the jealousy.

—Robert A. Heinlein

Outstanding beauty, like outstanding gifts of any kind, tends to get in the way of normal emotional development, and thus of that particular success in life which we call happiness.

--Milton R. Sapirstein

Humor is just another defense against the universe.

--Mel Brooks

The time you enjoy wasting is not wasted time

--Bertrand Russell

What's the use of happiness? It can't buy you money.

--Henny Youngman

Nowadays, it's not enough to be happy—if you can be even happier. The American Dream and the pursuit of happiness have morphed from a quest for general contentment to the idea that you must be happy at all times and in every way.

--Lori Gottlieb

Poor Americans are, by their own admission, so very unhappy. Man is a social animal who can only really be happy in four social domains: family, work, local community, and faith. In poor America, all four are in a state of collapse.

--Charles Murray

The happiest are not the ones who are dealt the best hands, but those who play their hands—whatever the cards—well.

--Susan Estrich

It is only a slight exaggeration to say that happiness is the experience of spending time with people you love and who love you.

--Daniel Kahneman

One of the sanest, surest, and most generous joys of life comes from being happy over the good fortune of others.

--Robert A. Heinlein

You can't deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants.

--Stephen King

At its core, my happiness rests on a spiritual life, a sense of purpose and—oh yes—a sense of humor. In this life, where beauty fades, wealth wreaks more havoc than happiness, and death awaits us all, if you can't laugh about the journey's ups and downs, you'll fret. And who wants to worry?

--John Curran

The key to a happy life is to focus on doing good not doing well.

--Erma Bombeck

Happiness is love.

--George Vaillant

All one really needs in life is two friends, books, and a Pekingese.

—P. G. Wodehouse

We are tremendously good at finding ways to be happy with things we can't change. (For example, people who have an accident that leaves them disabled report, after a period of adjustment, happiness levels not all that different from what they enjoyed before their accident.)

--Daniel Gilbert

A happy life consists of retirement, rural quiet, friendship, books.

--James Thomson

It is wrong to assume that men of immense wealth are always happy.

--John D. Rockefeller

The difficult child is the child who is unhappy. He is at war with himself; and in consequence, he is at war with the world.

--A. S. Neill

Happiness is not a brilliant climax to years of grim struggle and anxiety. It is a long succession of little decisions simply to be happy in the moment.

--J. Donald Walters

You can only know happy if you know sad, and if you don't lie to yourself.

--Maria Shriver

A library is a good place to go when you feel unhappy, for there, in a book, you may find encouragement and comfort. A library is a good place to go when you feel bewildered or undecided, for there, in a book, you may have your question answered. Books are good company, in sad times and happy times, for books are people—people who have managed to stay alive by hiding between the covers of a book.

—E. B. White

Life has never been easy. Nor is it meant to be. It is a matter of being joyous in the face of sorrow.

--Dirk Benedict

The really happy people are those who have broken the chains of procrastination, those who find satisfaction in doing the job at hand. They're full of eagerness, zest, productivity. You can be, too.

—Norman Vincent Peale

Procrastination is a way for us to be satisfied with second-rate results; we can always tell ourselves we'd have done a better job if only we'd had more time. If you're good at rationalizing, you can keep yourself feeling rather satisfied this way, but it's a cheap happy. You're whittling your expectations of yourself down lower and lower.

—Richard O'Conner

When a small child, I thought that success spelled happiness. I was wrong; happiness is like a butterfly which appears and delights us for one brief moment, but soon flits away.

--Anna Pavlova

Joy is not the result of getting what you want; it is the way to get what you want. In the deepest sense, joy is what you want.

--Alan Cohen

We never taste happiness in perfection, our most fortunate successes are mixed with sadness.

--Pierre Corneille

Just lying on the couch and being happy.  
Only humming a little, the quiet sound in the head.  
Trouble is busy elsewhere at the moment,  
It has so much to do in the world.

--William Stafford

We are no longer happy so soon as we wish to be happier.

--Walter Savage Landor

That man is the richest whose pleasures are the cheapest.

--Henry David Thoreau

There are seeds of self-destruction in all of us that will bear only unhappiness if allowed to grow.

--Dorothea Brande

Mirth, and even cheerfulness, when employed as remedies in low spirits, are like hot water to a frozen limb.

--Benjamin Rush

Enjoy your own life without comparing it with that of another.

--Marquis de Condorcet

If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.

--Herodotus

Happiness is not something you postpone for the future; it is something you design for the present.

--Jim Rohn

Happy the man, and happy he alone,  
He, who can call to-day his own:  
He who, secure within, can say,  
To-morrow do thy worst, for I have lived today.

--John Dryden

Honest good humor is the oil and wine of a merry meeting, and there is no jovial companionship equal to that where the jokes are rather small and laughter abundant.

--Washington Irving

The man with a toothache thinks everyone happy whose teeth are sound. The poverty-stricken man makes the same mistake about the rich man.

--George Bernard Shaw

Peak performance in life isn't about succeeding all the time or even being happy all the time. It's often about compensating, adjusting, and doing the best you can with what you have right now.

--Ken Ravizza

Get pleasure out of life...as much as you can. Nobody ever died from pleasure.

--Sol Hurok

The more man meditates upon good thoughts, the better will be his world and the world at large.

--Confucius

Learn to be happy alone. Rely upon your own energies, and so do not wait for, or depend on other people.

--Thomas Davidson

Happiness is an imaginary condition, formerly attributed by the living to the dead, now usually attributed by adults to children, and by children to adults.

--Thomas Szasz

While there is a chance of the world getting through its troubles, I hold that a reasonable man has to behave as though he were sure of it. If at the end your cheerfulness is not justified, at any rate you will have been cheerful.

—H. G. Wells

It is still not clear from this study how laughter can directly help the heart but other studies have shown that laughter is beneficial for every system in the body.

--Allen Klein

We enjoy warmth because we have been cold. We appreciate light because we have been in darkness. By the same token, we can experience joy because we have known sadness.

--David Weatherford

We feel much happier and more secure when we think we know precisely what to do, no matter what happens, then when we have lost our way and do not know where to turn.

--William Kingdon  
Clifford

Just try to be happy. Unhappiness starts with wanting to be happier.

--Sam Levenson

Unnecessary possessions are unnecessary burdens. If you have them, you have to take care of them! There is great freedom in simplicity of living. It is those who have enough but not too much who are the happiest.

--Peace Pilgrim

Love is the most terrible, and also the most generous of the passions; it is the only one which includes in its dreams the happiness of someone else.

--Alphonse Karr

All that really matters is that the people you love are happy and healthy. Everything else is just sprinkles on the sundae.

--Paul Walker

All animals, except man, know that the principal business of life is to enjoy it.

--Samuel Butler

He without benefit of scruples;  
His fun and money soon quadruples.

--Ogden Nash

No man is a failure who enjoys life.

—William Feather

Nothing can contribute more to peace of soul than the lack of any opinion whatever.

--Georg C. Lichtenberg

Those who prepared for all the emergencies of life beforehand may equip themselves at the expense of joy.

--E. M. Forster

Happiness doesn't depend on how much you have to enjoy, but how much you enjoy what you have.

--Tom Wilson

Happiness is not a destination,. It is a companion we can choose to accompany us on our journey.

--Jack Heffron

I used to think drinking was the only way to be happy. Now I know there is no way to be happy.

--Laura Kightlinger

An ordinary man can surround himself with two thousand books and thenceforward have at least one place in the world in which it is possible to be happy.

—Augustine Birrell

## **PATHS TO MORE HAPPINESS:**

Each morning for 21 day, write down five things you're grateful for. By the end of three weeks, you will have retrained your brain to focus on gratitude.

At the end of each day, jot down a positive experience you had that day. Repeat for 30 days.

Simplify your life. We are all so busy, we feel like we have to do two or more things at once. Slow down. Focus on one thing at a time. This will lessen your stress, which is sure to make you happier.

Focus on your strengths, not your weaknesses.

Exercise. Research shows that people who have just finished exercising can solve problems better and are more creative and focused.

Try meditating. When you quiet your brain and focus on taking long, slow breaths in and out, it changes electrical brain impulses and calms your mind and body.

--Suzi Murphy

If only we'd stop trying to be happy we'd have a pretty good time.

--Edith Wharton

Can money buy happiness? No. But it can buy a 60" 1080p LCD with NFL Weekend Pass, which is indistinguishable from happiness.

--*Earth (The Book) A  
Visitor's Guide to  
the Human Race*

To describe happiness is to diminish it.

--Henri B. Stendhal

There is only one blasphemy, and that is the refusal to experience joy.

--Paul Rudnick

A sense of humor is a major defense against minor troubles.

--Mignon McLaughlin

Happiness is not about how well you're doing in general, but rather if you're doing better than expected.

--Robb Rutledge

It's obvious, but perhaps worth saying, that happiness has virtually nothing to do with the state of your intellect.

--Daniel K. Moran

Most of our senses are much more tuned to changes in things than to levels, and the same is true for happiness. This ensures that however successful we are, we are always going to be driving for more.

--George Loewenstein

Think money will make you happier? Consider this: Most folks grow wealthier over time, which means today you're likely richer than you've ever been. But you can probably think back to a time when you were at least as happy as you are today—and maybe happier.

--Jonathan Clements

Whoever is happy will make others happy too.

--Anne Frank

Every man judges his own happiness and satisfaction with life in terms of his possession or lack of possession of those things that he considers worthwhile and valuable.

--Meir Kahane

I think you have to be unconscious to be happy.

--Lauren Bacall

I do believe that if you haven't learnt about sadness, you cannot appreciate happiness.

--Nana Mouskouri

Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief.

--Marcus Tullius Cicero

Despair is the conclusion of fools.

--Benjamin Disraeli

Money, if it does not bring you happiness, will at least help you be miserable in comfort.

--Helen Gurley Brown

We are never so happy or unhappy as we think.

--La Rochefoucauld

Happiness is an island of solitude with books. Not material things—but wisdom.  
--Anna May Wong

As long as we continue to think we will be happy in the future, we will never be happy in the moment, and that is the same as saying that we will never be happy. If we think that our lives will be better when we get that better job or retire, stay or go, gain or lose weight, or when our children grow and leave or come back, we are putting off the happiness that there is in today.

—Aminu Kano

Grief shared is half grief; Joy shared is double joy.

—Honduran Proverb

Seek happiness for its own sake, and you will not find it; seek for duty, and happiness will follow as the shadow comes with the sunshine.

—Tryon Edwards

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

—Thich Nhat Hanh

I take it that the good of mankind means the attainment, by every man, of all the happiness which he can enjoy without diminishing the happiness of his fellow men.

—Thomas Huxley

If you look for perfection, you'll never be content.

—Leo Tolstoy

Before we set our hearts too much upon anything, let us examine how happy they are, who already possess it.

—Francois de La  
Rochefoucauld

The happiest people are not those getting more, but those giving more.

—H. Jackson Brown, Jr.

Where the soul is full of peace and joy, outward surrounding and circumstances are of comparatively little account.

—Hannah Whitall Smith

Man's happiest lot is to know when to die.

--Lucan

We exaggerate misfortune and happiness alike. We are never as bad off or as happy as we say we are.

—Honore de Balzac

Most people are searching for happiness. They're looking for it. They're trying to find it in someone or something outside of themselves. That's a fundamental mistake. Happiness is something that you are, and it comes from the way you think.

—Wayne W. Dyer

People say that money is not the key to happiness, but I always figured if you have enough money, you can have a key made.

—Joan Rivers

Happiness may be affected by age, and the hard part in middle age, whether you call it a midlife crisis or something else, is for many people a transition to something much better—something, there is reason to hope, like wisdom.

—Jonathan Rauch

Life satisfaction would decline with age for the first couple of decades of adulthood, bottom out somewhere in the 40s or early 50s, and then, until the very last years, increase with age, often (though not always) reaching a higher level than in young adulthood. The pattern came to be known as the happiness U-curve.

—David Blanchflower

You largely constructed your depression. It wasn't given to you. Therefore, you can deconstruct it.

—Albert Ellis

Friendship is the source of the greatest pleasures, and without friends even the most agreeable pursuits become tedious.

--St. Thomas Aquinas

Happiness held is the seed; Happiness shared is the flower.

—John Harrigan

Children laugh an average of three hundred or more times a day; adults laugh an average of five times a day. We have a lot of catching up to do.

—Heather King

People feel better, not worse, about their lives as they move through their later decades, even with the onset of chronic health problems that would lead one to expect distress or depression.

—Dilip V. Jeste

Studies show quite strongly that people's satisfaction with their life increases, on average, from their early 50s on through their 60s and 70s and even beyond—for many until disability and final illness exact their toll toward the very end.

—Jonathan Rauch

Older people are less prone to feel unhappy about things they can't change—an attitude consistent, of course, with ancient traditions that see stoicism and calm as part of wisdom. In fact, it is well established that older people's brains react less strongly to negative stimuli than younger people's brains do.

—Jonathan Rauch

Be a rainbow in someone else's cloud.

—Maya Angelou

True happiness consists not in the multitude of friends, but in the worth and choice.

—Ben Jonson

The truest greatness lies in being kind, the truest wisdom in a happy mind.

—Ella Wheeler Wilcox

Melancholy, indeed, should be diverted by every means but drinking.

—Samuel Johnson

When you stop doing things for fun you might as well be dead.

—Ernest Hemingway

The ideals that have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty, and Truth. Without the sense of kinship with men of like mind, without the occupation with the objective world, the eternally unattainable in the field of art and scientific endeavors, life would have seemed empty to me. The trite objects of human efforts—possessions, outward success, luxury—have always seemed to me contemptible.

—Albert Einstein

Today me will live in the moment unless it's unpleasant in which case me will eat a cookie.

—Cookie Monster

Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness.

—Louise Hart

There is no personal charm so great as the charm of a cheerful temperament.

—Henry Van Dyke

I have discovered the secret of happiness - it is work, either with the hands or the head. The moment I have something to do, the draughts are open and my chimney draws, and I am happy.

—John Burroughs

I wish people could achieve what they think would bring them happiness in order for them to realize that that's not really what happiness is.

—Alanis Morissette

You must try to generate happiness within yourself. If you aren't happy in one place, chances are you won't be happy anyplace.

—Ernie Banks

A lot of people say there is no happiness in this life and certainly there's no permanent happiness. But self-sufficiency creates happiness. Just because you're satisfied one moment—saying yes, it's a good meal, makes me happy—well, that's not going to necessarily be true the next hour. Life has its ups and downs, and time has to be your partner, you know? Really, time is your soul mate. I'm not exactly sure what happiness even means, to tell you the truth. I don't know if I personally could define it.

—Bob Dylan

Be absolutely determined to enjoy what you do.

—Sarah Knowles Bolton

He is happiest of whom the world says least, good or bad.

—Thomas Jefferson

When you drink alcohol, you are just borrowing happiness from tomorrow.

—Jessica Nigri

Mirth is like a flash of lightning, that breaks through a gloom of clouds, and glitters for a moment; cheerfulness keeps up a kind of daylight in the mind, and fills it with a steady and perpetual serenity.

—Joseph Addison

Instant gratification takes too long.

—Carrie Fisher

Let no man be called happy before his death. Till then, he is not happy, only lucky.

—Solon

There is no worse sorrow than remembering happiness in the day of sorrow.

—Alfred de Musset

Most men pursue pleasure with such breathless haste that they hurry past it.

—Soren Kierkegaard

There is only one passion, the passion for happiness.

—Denis Diderot

To live happily with other people, ask of them only what they can give.

—Tristan Bernard

When what we are is what we want to be, that's happiness.

— Malcolm Forbes

Pleasure and freedom from pain, are the only things desirable as ends.

—John Stuart Mill

It is not how much we have, but how much we enjoy, that makes happiness.

—Charles Spurgeon

Perhaps the greatest utopia would be if we could all realize that no utopia is possible; no place to run, no place to hide, just take care of business here and now.

—Jack Carroll

Sad people dislike the happy, and the happy the sad; the quick thinking the sedate, and the careless the busy and industrious.

—Horace

Always leave enough time in your life to do something that makes you happy, satisfied, even joyous. That has more of an effect on economic well-being than any other single factor.

—Paul Hawken

Who is the happier man, he who has braved the storm of life and lived or he who has stayed securely on shore and merely existed?

—Hunter S. Thompson

You take away all the other luxuries in life, and if you can make someone smile and laugh, you have given the most special gift: happiness.

—Brad Garrett

Most people have never learned that one of the main aims in life is to enjoy it.

—Samuel Butler

Life is thickly sown with thorns, and I know no other remedy than to pass quickly through them. The longer we dwell on our misfortunes, the greater is their power to harm us.

—Voltaire

Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored.

—Earl Nightingale

Serenity comes not alone by removing the outward causes and occasions of fear, but by the discovery of inward reservoirs to draw upon.

—Rufus M. Jones

Allow children to be happy in their own way, for what better way will they ever find?

—Samuel Johnson

As you cannot have a sweet and wholesome abode unless you admit the air and sunshine freely into your rooms, so a strong body and a bright, happy, or serene countenance can only result from the free admittance into the mind of thoughts of joy and goodwill and serenity.

—James Allen

Hope itself is a species of happiness, and perhaps, the chief happiness which this world affords.

—Samuel Johnson

Whatever promotes and strengthens virtue, whatever calms and regulates the temper, is a source of happiness. Devotion produces these effects to a remarkable degree. It inspires composure of spirit, mildness and benignity; weakens the painful, and cherishes the pleasing emotions; and, by these means, carries on the life of a pious man in a smooth and placid manner.

—*Murray's English Reader* (1830)

I think the saddest people always try their hardest to make people happy because they know what it's like to feel absolutely worthless and they don't want anyone else to feel like that.

—Robin Williams

If you paint in your mind a picture of bright and happy expectations, you put yourself into a condition conducive to your goal.

—Norman Vincent Peale

If we may believe our logicians, man is distinguished from all other creatures by the faculty of laughter. He has a heart capable of mirth, and naturally disposed to it.

—Joseph Addison

Choose Joy! Don't wait for things to get better. Life will always be complicated. Learn to be happy right now, otherwise you'll run out of time.

—*Brightside.Me*

Let your smile change the world, not the world change your smile.

—*inspiremore.com*

I am more and more convinced that our happiness depends more on how we meet the events in our lives, than on those events themselves.

—Alexander Humboldt

The only keeper of your happiness is you. Stop giving people the power to control your smile, your worth and your attitude.

—Mandy Hale

We convince ourselves that life will be better after we get married, have a baby, then another.

Then we are frustrated that the kids aren't old enough, and we'll be more content when they are.

After that, we're frustrated that we have teenagers to deal with.

We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our partner gets his or her act together when we get a nicer car, are able to go on a nice holiday, when we retire.

The truth is, there's no better time to be happy than right now. If not now, when?

Your life will always be filled with challenges.

It's best to admit this to yourself and decide to be happy anyway.

This perspective has helped me to see that there is no way to happiness. Happiness is the way.

So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time...and remember that time waits for no one. So, stop waiting until you lose ten pounds, until you gain ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new car or home, until your car or home is paid off, until spring, until summer, until winter, until your song comes on, until you've had a drink.... there is no better time than right now to be happy.

Happiness is a journey, not a destination.

Work like you don't need money,

Love like you've never been hurt,

And dance like no one's watching.

—Robert Westerburg

When I'm grown up and brave, I'm going to be a clown, a special clown. Special clowns look like normal people; they don't wear clown suits or have red noses, but they make all the sad and worried people happy.

—Cadence, Aged 7 with  
Autism

Life isn't about waiting for the storm to pass...It's about learning to dance in the rain.

—Vivian Greene

Happiness is found when you stop comparing yourself to other people.

—Meir Ezra

A smile is happiness you'll find right under your nose.

—Tom Wilson

Be so happy that when others look at you they become happy too!

—Yogi Bhajan

Life is better when you're laughing.

—*powerofpositivity.com*

Although Freud said happiness is composed of love and work, reality often forces us to choose love or work.

—Letty Cottin Pogrebin

Everyone chases after happiness, not noticing that happiness is right at their heels.

—Bertolt Brecht

In 1974, Richard Easterlin, an economist, found that although a country's richer citizens are happier than its poorer ones, as countries become richer, their citizens do not become happier—a contradiction known as the Easterlin paradox.

Happiness, Easterlin reasoned, must depend on one's wealth relative to one's compatriots: When everyone gets richer, no one gets happier.

—Matthew Hutson

'Tis easy enough to be pleasant when life flows along like a song; But the man worth while is the one who will smile when everything goes dead wrong.

—Ella Wheeler Wilcox

We live in an ascending scale when we live happily, one thing leading to another in an endless series.

—Robert Louis Stevenson

The main things which seem to me important on their own account, and not merely as means to other things, are knowledge, art, instinctive happiness, and relations of friendship or affection.

—Bertrand Russell

To a large degree, the measure of our peace of mind is determined by how much we are able to live in the present moment. Irrespective of what happened yesterday or last year, and what may or may not happen tomorrow, the present moment is where you are—always!

—Richard Carlson

If you have family that loves you  
A few good friends  
Food on your table  
And a roof over your head.  
You are richer than you think.

—*purehappyliife.com*

The future happiness of the human race depends upon just one thing—international co-operation.

—Hendrik van Loon

True happiness comes not when we get rid of all of our problems, but when we change our relationship to them, when we see our problems as a potential source of awakening, opportunities to practice, and to learn.

—Richard Carlson

Stop waiting for Friday, for summer, for someone to fall in love with you, for life. Happiness is achieved when you stop waiting for it and make the most of the moment you are in now.

—Unknown

Happiness starts with you. Not with your relationships, not with your job, not with your money, but with you.

—*lessonslearnedinlife.com*

If you want to be happy, you have to be happy on purpose. When you wake up, you can't just wait to see what kind of day you'll have. You have to decide what kind of day you'll have.

—Joel Osteen

Happiness is when what you think, what you say, and what you do are in harmony.

—Mahatma Gandhi

You cannot make everyone happy. You are not a bottle of wine.

—Kate Richards

Never miss an opportunity to make others happy, even if you have to leave them alone in order to do it.

—Unknown

The discontented man finds no easy chair.

—Benjamin Franklin

Overthinking is the biggest cause of our unhappiness. Keep yourself occupied. Keep your mind off things that don't help you. Think positively.

—*SimpleReminders.com*

The best holistic remedy for high blood pressure is a purring cat on your lap.

—Kathrine Palmer  
Peterson

There is only one blasphemy, and that is the refusal to experience joy.

—Paul Rudnick

She said, 'I'm so afraid.' And I said, 'Why?,' and she said, 'Because I'm so profoundly happy. Happiness like this is frightening.' I asked her why and she said, 'They only let you be this happy if they're preparing to take something from you.'

—Khaled Hossein

Single doesn't always mean lonely, and relationship doesn't always mean happy.

—Ged Backland

I'm happy, and I think being happy keeps you looking young.

—Olivia Newton-John

The secret of happiness is to find a congenial monotony.

—V. S. Pritchett

Look at all the billionaires. If I know 15 billionaires, I know 13 unhappy people.

—Russell Simmons

As long as you think more is better, you'll never be satisfied.

—Richard Carlson

True happiness comes not when we get rid of all of our problems, but when we change our relationship to them, when we see our problems as a potential source of awakening, opportunities to practice, and to learn.

—Richard Carlson

If we would just slow down, happiness would catch up to us.

—Richard Carlson

We tend to believe that if we were somewhere else—on vacation, with another partner, in a different career, a different home, a different circumstance—somehow we would be happier and more content. We wouldn't!

—Richard Carlson

There comes a time in your life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad and focus on the good. Love the people who treat you right, pray for the ones who do not. Life is too short to be anything but happy.

—José N. Harris

Once you learn how to be happy, you won't tolerate being around people who make you feel anything less.

—Ged Backland

As we grow up, we learn that the people that weren't supposed to ever let us down, probably will. You'll have your heart broken and you'll break others hearts. You'll blame a new love for things an old one did. You'll fight with with your best friend, and you'll cry because time is flying by, and eventually you'll lose someone you love. So take too many pictures, laugh too much, forgive freely, and love like you've never been hurt. Because every second you spend angry or upset, is a second of happiness you can never get back.

—Andy Biersack

Do what makes you happy, and let the rest take care of itself.

—Leonardo DiCaprio

If its sanity you are after there is no recipe like laughter.

—Henry Elliot

Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

—Og Mandino

I think writing about unhappiness is probably the source of my popularity, if I have any—after all, most people are unhappy, don't you think?

—Philip Larkin

People should pursue what they're passionate about. That will make them happier than pretty much anything else.

—Elon Musk

When God loves a creature, he wants the creature to know the highest happiness and the deepest misery. He wants him to know all that being alive can bring. That is his best gift. There is no happiness save in understanding the whole.

—Thornton Wilder

Copenhagen's *Happiness Research Institute* surveyed 2,600 Danish workers, from every sector and type of job, about the sources of professional contentment. The winner, by a sizable margin, was a sense of purpose, which contributed twice as much to an individual's job satisfaction as did the runner-up, having a high-quality manager. Maik Wiking, the institute's CEO, notes that Aristotle recognized the close connection between happiness and a sense of purpose. The good life—what the philosopher called *eudaimonia*—is not an easy life, but rather one filled with meaning and striving toward a goal. 'We need a sense of purpose,' Wiking says.

—Barbara Bradley  
Hagerty

Walk yourself out of your bad mood. Studies show that even a 10 minute walk immediately boosts brain chemistry to increase happiness.

--[www.LoveFunRomance.com](http://www.LoveFunRomance.com)

## **HAPPINESS RULES**

Make peace with your past. So it won't disturb your present.

What other people think of you is none of your business.

Time heals almost everything. Give it time.

No one is in charge of your happiness except you.

Don't compare your life to others and don't judge them. You have no idea what their journey is about.

Stop thinking too much. It's okay not to know the answers, they will come to you when you least expect it.

Smile. You don't own all the world's problems.

—John Assaraf

Decide every morning that you are in a good mood.

—*positivelifetips.com*

Be happy. Be yourself. If others don't like it, then let them be. Happiness is a choice. Life isn't about pleasing everybody.

—*everydaylifelessons.com*

That old saw about laughter being the best medicine has proved resistant to scientific confirmation, though a 2010 Norwegian study seemed to indicate that a vigorous sense of humor correlated to a greater survival rate up to age 65. Other findings tout laughter's effectiveness as a reliever of stress, booster of immunity and promoter of social cohesion.

—Margaret Guroff

Everyone is selfish; everyone is doing what he believes will make himself happier. The recognition of that can take most of the sting out of accusations that you're being 'selfish.' Why should you feel guilty for seeking your own happiness when that's what everyone else is doing, too?...

To find constant, profound happiness requires that you be free to seek the gratification of your own desires. It means making positive choices.

If you slip into the Unselfishness Trap, you'll spend a good part of your time making negative choices—trying to avoid censure of those who tell you not to think of yourself...

If someone finds happiness by doing 'good works' for others, let him. That doesn't mean that's the best way for you to find happiness.

And when someone accuses you of being selfish, just remember that he's only upset because you aren't doing what he selfishly wants you to do.

—Harry Browne

Man is only miserable so far as he thinks himself so.

—Jacopo Sannazaro

If you expect other people to make you happy, you will always be disappointed. You alone are responsible for your own happiness.

—Unknown

It is in his pleasure that a man really lives; it is from his leisure that he constructs the true fabric of self.

—Agnes Repplier

Each happiness of yesterday is a memory for tomorrow.

—George W. Douglas

When I say that pleasure is the goal of living, I do not mean the pleasures of libertines and the pleasures inherent in positive enjoyment....I mean, on the contrary, the pleasure that consists in freedom from bodily pain and mental agitation. The pleasant life is not the product of one drinking party after another or of sexual intercourse.

... On the contrary, it is the result of sober thinking—namely, investigation of the reasons for every act of choice and aversion, and elimination of those false ideas about the gods and death which are the chief source of mental disturbances.

—Epicurus

To be happy here is man's chief end,  
For to be happy he must needs be good.

—Kirke White

Goodness does not more certainly make men happy than happiness makes them good.

—W. S. Landor

No reason can be given why the general happiness is desirable, except that each person, so far as he believes it to be attainable, desires his own happiness. This, however, being a fact, we have not only all the proof which the case admits of, but all which it is possible to require, that happiness is a good, that each person's happiness is a good to that person, and the general happiness, therefore, a good to the aggregate of all persons

—John Stuart Mill

What, for example, shall we say of money?... From being a means to happiness, it has come to be itself a principal ingredient of [some] individuals' conception of happiness. The same may be said of the majority of the great objects of human life: power, for example, or fame....In these cases the means have become a part of the end.

...What was once desired as an instrument for the attainment of happiness has come to be desired for its own sake. In being desired for its own sake it is, however, desired as part of happiness. The person is made, or thinks he would be made, happy by its mere possession; and is made unhappy by failure to obtain it. The desire of it is not a different thing from the desire of happiness any more than the love of music or the desire of health. They are included in happiness.

—John Stuart Mill

Nature has placed mankind under the governance of two sovereign masters, pain and pleasure. They govern us in all we do, in all we say, in all we think.

—Jeremy Bentham

I spit on your happiness! I spit on your idea of life—that life that must go on, come what may. You are all like dogs that lick everything they smell. You with your promise of a humdrum happiness—provided a person doesn't ask too much of life. I want everything of life, I do; and I want it now! I want it total, complete: otherwise I reject it! I will not be moderate. I will not be satisfied with the bite of cake you offer me if I promise to be a good little girl. I want to be sure of everything this very day; sure that everything will be as beautiful as when I was a little girl. If not, I want to die!

—Antigone in Sophocles  
*Antigone*

Our object in the construction of the state is the greatest happiness of the whole, and not that of any one class.

—Plato

It is better that some should be unhappy, than that none should be happy, which would be the case in a general state of equality.

—Samuel Johnson

For every minute you are angry, you lose sixty seconds of happiness.

—Ralph Waldo Emerson

You can't make everyone happy. You are not pizza.

—T-Shirt Slogan

You find yourself refreshed in the presence of cheerful people. Why not make an honest effort to confer that pleasure on others? Half the battle is gained if you never allow yourself to say anything gloomy.

—Lydia M. Child

I define joy as a sustained sense of well-being and internal peace—a connection to what matters.

—Oprah Winfrey

Some research suggest that it's not having money that matters; it's how you spend it. If you're spending your money on helping others or on experiences like taking your friends out to dinner or learning new things, that can make you happy.

—Sonja Lyubomirsky

Comparing Russia with the United States, I found that the Russians' definition of happiness was much grander. They talked about being happy when there's world peace. With the Americans it was all about money, fun and family. Things that are more attainable.

—Sonja Lyubomirsky

I used to think happy people felt good because they compared themselves to people who are worse off, and unhappy people felt bad because they compared themselves to those who were better off. That was completely wrong-headed. When I asked people whom they compared themselves to, the happy ones didn't even know what I was talking about. Sometimes they compared themselves to others, but they didn't let those comparisons affect their sense of self-worth as much as the unhappy people did.

—Sonja Lyubomirsky

Generally speaking, the most miserable people I know are those who are obsessed with themselves; the happiest people I know are those who lose themselves in the service of others...By and large, I have come to see that if we complain about life, it is because we are thinking only of ourselves.

—Gordon B. Hinckley

Act happy, feel happy, be happy, without a reason in the world. Then you can love, and do what you will.

—Dan Millman

The only sin passion can commit is to be joyless.

—Dorothy L. Sayers

If you'd told me when I was 20 or 30 that I'd be happier at 70, I would have said to you, 'You're out of your mind.'

—Jane Fonda

I love when you look at someone with a smile on your face, and they break into a smile back at you, not because they know why you're smiling, but because you're happy, and that's enough to make them happy.

—Unknown

Americans who want more time in their lives are happier than those who want more money, according to new research published in the journal *Social Psychological and Personality Science*. Across a range of surveys and experiments involving over 4,400 people, researchers at UCLA and the Wharton School found that nearly two-thirds of respondents said they'd prefer having more money over more time. But the people who opted for more time were happier with their lives.

— Christopher Ingraham

The secret of happiness is the determination to be happy always, rather than wait for outer circumstances to make one happy.

— J. Donald Walters

Write it on your heart that every day is the best day of the year.

—Ralph Waldo Emerson

May your troubles be less and your blessings be more, and nothing but happiness come through your door.

—Irish Proverb

Happiness is realizing that nothing is too important.

—Antonio Gala

Do you want my one-word secret of happiness—it's growth--mental, financial, you name it.

—Harold S. Geneen

If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow.

—@mindfulfitness

Silliness makes your soul smile.

—Doe Zantamata

Don't wait until you're rich to be happy. Happy is free.

—Ged Backland

Joy is what happens to us when we allow ourselves to recognize how good things really are.

—Marianne Williamson

Happiness isn't about getting what you want all the time. It's about loving what you have and being grateful for it.

—Asher Roth

The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.

—Helen Keller

You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime.

—Dale Carnegie

Even if happiness forgets you a little bit, never completely forget about it.

—Jacques Prévert

Saying *yes* to happiness means learning to say *no* to things and people that stress you out.

—Thema Davis

Call me crazy. But at the end of the day I just want to be happy. Don't you?

—Unknown

Real happiness doesn't come from getting everything you want. It comes from sharing what you have with the people who matter.

—Unknown

When someone does something good, applaud! You will make two people happy.

—Samuel Goldwyn

Don't ever feel bad for making a decision about your own life that upsets other people. You are not responsible for their happiness. You're responsible for your own happiness. Anyone who wants you to live in misery for their happiness should not be in your life anyway.

—Isaiah Hankel

Laugh when you can, apologize when you should, and let go of what you can't change. Kiss slowly, play hard, forgive quickly, take chances, give everything and have no regrets. Life's too short to be anything but happy.

—Ruth Lashley

Mirth is like a flash of lightning, that breaks through a gloom of clouds, and glitters for a moment; cheerfulness keeps up a kind of daylight in the mind, and fills it with a steady and perpetual serenity.

—Joseph Addison

Laughter is the shortest distance between two people.

—Victor Borge

Nothing prevents happiness like the memory of happiness.

—Andre Gide

Unshared joy is an unlighted candle.

—Spanish Proverb

Be happy. Talk happiness. Happiness calls out responsive gladness in others. There is enough sadness in the world without yours.... never doubt the excellence and permanence of what is yet to be. Join the great company of those who make the barren places of life fruitful with kindness.... Your success and happiness lie in you.... The great enduring realities are love and service.... Resolve to keep happy and your joy and you shall form an invincible host against difficulties.

—Helen Keller

Happiness is knowin' you've done a good job, whether it's professional or for another person.

—Elvis Presley

Seek to do good, and you will find that happiness will run after you.

—James Freeman Clarke

Happiness depends upon ourselves.

—Aristotle

To get up each morning with the resolve to be happy . . . is to set our own conditions to the events of each day. To do this is to condition circumstances instead of being conditioned by them.

—Ralph Waldo Emerson

He is poor who does not feel content.

—Japanese Proverb

Happiness? That's nothing more than good health and a poor memory.  
—Albert Schweitzer

He who does not get fun and enjoyment out of every day...needs to reorganize his life.  
—George M. Adams

Better by far you should forget and smile than that you should remember and be sad.  
—Christina G. Rossetti

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.  
—Francesca Reigler

He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts.  
—Samuel Johnson

It isn't our position but our disposition which makes us happy.  
—Unknown

Happiness held is the seed; happiness shared is the flower.  
—John Harrigan

To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring.  
—George Santayana

If you would be happy all your life, plant a garden.  
--Chinese Proverb

In American culture, descended from Puritans, all universal sources of pleasure are eventually medicalized, then politicized and finally policed—if not prohibited altogether: witness alcohol, tobacco, cannabis, fat, pornography, masturbation.  
—Prof. Richard Klein

Happiness is self-contentedness.  
—Aristotle

Happiness... it lies in the joy of achievement, in the thrill of creative effort.

--Vincent Van Gogh

Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best.

—Theodore Isaac Rubin

The art of living does not consist in preserving and clinging to a particular mode of happiness, but in allowing happiness to change its form without being disappointed by the change; happiness, like a child, must be allowed to grow up.

—Charles Morgan

If you have only one smile in you, give it to the people you love. Don't be surly at home, then go out in the street and start grinning 'Good morning' at total strangers.

—Maya Angelou

It seems like we're always searching for something to satisfy us, and never finding it.

--S. E. Hinton

People get happier as they get older. The least happy are probably teenagers and people in their 20s. We get happier at midlife, but the peak is, depending on the study, around 65 or 70.

—Sonja Lyubomirsky

Eternal principles that govern happiness apply equally to all.

—Russell M. Nelson

As far back as I can remember I was saddened by the amount of misery I saw in the world around me. Youth's unqualified *joie de vivre* I never really knew, and I believe that to be the case with many children, even though they appear outwardly merry and quite free from care.

--Albert Schweitzer

We find delight in the beauty and happiness of children that makes the heart too big for the body.

--Ralph Waldo Emerson

In all our efforts to provide ‘advantages’ we have actually produced the busiest, most competitive, highly pressured, and over-organized generation of youngsters in our history—and possibly the unhappiest.

--Eda J. LeShan

A child can teach an adult three things: to be happy for no reason, to always be busy with something, and to know how to demand with all his might that which he desires.

--Paulo Coelho

Eccentrics appear to be happier than the rest of us. That is not to say they are happy all the time; that would be a symptom of delusional madness, if not actual stupidity....They were aware of the fact that many people found them strange, but it didn't bother them.

—David Weeks

Man is the artificer of his own happiness.

—Henry David Thoreau

We keep looking at the big social and political problems. But when you're walking down the street and someone simply smiles at you—what a tremendous difference that makes.

—Bobby McFerrin

To have the sense of creative activity is the great happiness and the great proof of being alive.

—Matthew Arnold

If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

—Abraham Maslow

Happiness: a good bank account, a good cook, and a good digestion.

—Jean-Jacques Rousseau

Why should we build our happiness on the opinions of others, when we can find it in our own hearts?

—Jean-Jacques Rousseau

No one is happy unless he respects himself.

—Jean-Jacques Rousseau

The thirst after happiness is never extinguished in the heart of man.

—Jean-Jacques Rousseau

The path to cheerfulness is to sit cheerfully and to act and speak as if cheerfulness were already there.

—William James

If you want happiness for a lifetime, help the next generation.

—Chinese Saying

One test of the correctness of educational procedure is the happiness of the child.

--Maria Montessori

The ultimate end of education is happiness or a good human life, a life enriched by the possession of every kind of good, by the enjoyment of every type of satisfaction.

—Mortimer Adler

When I was young, I used to think that wealth and power would bring me happiness... I was right.

—Gahan Wilson

As you express joy, you draw it out of those you meet, creating joyful people and joyful events. The greater the joy you express, the more joy you experience.

—Arnold Patent

To show a child what has once delighted you, to find the child's delight added to your own, so that there is now a double delight seen in the glow of trust and affection, this is happiness.

--J. B. Priestly

Whatever love and truth is mine  
I'll show you,  
What strength that I can be to you  
I'll be...  
But there's no joy on earth  
that I can give you  
To equal all the joy  
you've given me.

--Michael F. Anderson

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.

—Marcel Proust

The first duty to children is to make them happy.—If you have not made them so, you have wronged them.—No other good they may get can make up for that.

--Charles Buxton

The best way to make children good is to make them happy.

--Oscar Wilde

Happy is he that is happy in his children.

--Thomas Fuller

Joy is the secret code of all parents, including adoptive. Mysteriously, the inevitable pain, suffering and sacrifice of parenthood are also part of that joy. What is a rose without thorns? Indeed, what makes parenthood so relentlessly amazing—both the beauty and the beast of it—is the possibility of losing the thing you love more than your own heartbeat. Putting someone else’s interests above one’s own is the alpha and omega of parenthood.

--Kathleen Parker

People who have kids experience more depression than child-free adults....Parenthood isn’t associated with enhanced mental health. The happiest people are likely to be married, earn between \$50,000 and \$70,000 and have no kids.

--Daniel Gilbert

The longer you spend dating around, the more likely it is that you’ll become pregnant by someone you’re not intending to marry, forcing the unhappy choice between an abortion, adoption, and single parenthood.

--Megan McArdle

Parents are making themselves miserable by believing they always have to maximize their children’s happiness and success.

--Jennifer Senior

Actions are right in proportion as they tend to promote happiness; wrong as they tend to produce the reverse of happiness. By happiness is intended pleasure and the absence of pain; by unhappiness, pain and the privation of pleasure.

—John Stuart Mill

What, for example, shall we say of money?... From being a means to happiness, it is come to be itself a principal ingredient of individuals conception of happiness. The same may be said of the majority of the great objects of human life: power, for example, or fame.... In these cases the means have become a part of the end.

... What was once desired as an instrument for the attainment of happiness is come to be desired for its own sake. In being desired for its own sake it is, however, desired as part of happiness. The person is made, or thinks he would be made, happy by its mere possession; it is made unhappy by failure to obtain it. The desire of it is not a different thing from the desire of happiness anymore than the love of music or the desire of health.

—John Stuart Mill

The best lesson we can teach our children is to have fun. It's infectious, it's contagious.

—Vince Poscente

In about the same degree as you are helpful, you will be happy.

--Karl Reiland

The roots of happiness grow deepest in the soil of service.

—William A. Ward

Doing good is the only certainly happy action of a man's life.

--Sir P. Sidney

Constant activity in doing good, and endeavoring to make others happy, is one of the surest ways of making ourselves so.

--Unknown

Laughing deeply is living deeply.

—Milan Kundera

He is happy whom circumstances suit his temper; but he is more excellent who suits his temper to any circumstance.

—David Hume

Happiness will come to you when it comes from you.

—Ralph Marston

A great part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory.

—Henry Wadsworth  
Longfellow

Be happy not because everything is good, but because you can see the good side of everything.

—Unknown

When someone else's happiness is your happiness, that's love.

—Lana Del Rey

Sometimes it is a great joy just to listen to someone we love talking.

--Vincent McNabb

Wisdom is the most important part of happiness.

—Sophocles

Cake is happiness! If you know the way of the cake, you know the way of happiness! If you have a cake in front of you, you should not look any further for joy!

—C. JoyBell C.

It's hard not to feel happy when you make someone smile.

—Roy T. Bennett

Mitt Romney's 2012 defeat decreased Republicans' happiness twice as much as either the Boston Marathon bombing affected Bostonians' happiness or the Newtown school shooting affected American parents'.

—Ben Rowen

To be stupid, selfish, and have good health are three requirements for happiness, though if stupidity is lacking, all is lost.

—Gustave Flaubert

Now and then it's good to pause in our pursuit of happiness and just be happy.

—Guillaume Apollinaire

Take responsibility of your own happiness, never put it in other people's hands.

—Roy T. Bennett

I would rather see a school produce a happy street cleaner than a neurotic scholar.  
—A. S. Neill

Until you are happy with who you are, you will never be happy because of what you have.  
—Zig Ziglar

The life of inner peace, being harmonious and without stress, is the easiest type of existence.  
—Norman Vincent Peale

A quiet secluded life in the country, with the possibility of being useful to people to whom it is easy to do good, and who are not accustomed to have it done to them; then work which one hopes may be of some use; then rest, nature, books, music, love for one's neighbor — such is my idea of happiness.  
—Leo Tolstoy

I can imagine no greater bliss than to lie about, reading novels all day.  
—Julia Quinn

When we are collecting books, we are collecting happiness.  
--Vincent Starrett

Just the knowledge that a good book is waiting at the end of a long day makes that day happier.  
--Kathleen Norris

The one best and sufficient reason for a man to buy a book is because he thinks he will be happier with it than without it.  
--A. E. Newton

Books make up no small part of human happiness.  
--Frederick the Great

Any ordinary man can...surround himself with two thousand books...and thenceforward have at least one place in the world in which it is possible to be happy.  
--Augustine Birrell

Be the reason someone smiles today.  
—Nicholas Khoo

They say money can't buy happiness, but I have a receipt from the bookstore telling a whole different story.

—*The Reader's Nook*

The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be.

—Marcel Pagnol

Poetry is the cure for unhappy souls.

--Eugeny Baratynsky

Poetry is the record of the best and happiest moments of the happiest and best minds.

--Percy Bysshe Shelley

Happiness is sharing a bowl of cherries and a book of poetry with a shade tree. He doesn't eat much and doesn't read much, but listens well and is a most gracious host.

--Astrid Alauda

A sense of humor is a major defense against minor troubles.

—Mignon McLaughlin

Happiness is in the heart, not in the circumstances.

—*www.HealthyPlace.com*

According to a new study, happy people talk a lot more than unhappy people. You know what would make unhappy people happy? If happy people would just shut up.

--Jay Leno

The more a person hangs out in the global village, the worse they are likely to feel. Web use often displaces sleep, exercise, and face-to-face exchanges, all of which can upset even the chirpiest soul.

--Tony Dokoupil

I think that most of the beauty of women evaporates when they achieve domestic happiness at the price of their independence.

--Cyril Connolly

Taking joy in living is a woman's best cosmetic.

—Rosalind Russell

Music is fundamental—one of the great sources of life, health, strength and happiness.

--Luther Burbank

Happiness comes more from loving than being loved; and often when or affection seems wounded it is only our vanity bleeding. To love, and to be hurt often, and to love again—this is the brave and happy life.

--J. E. Buckrose

Song brings of itself a cheerfulness that wakes the heart of joy.

—Euripides

Of all forms of caution, caution in love is perhaps most fatal to true happiness.

--Bertrand Russell

The pleasure of love is in loving. We are happier in the passion we feel than in that we inspire.

--Francois

La Rochefoucauld

Art...is as much a source of happiness for the beginner as for the master. One forgets everything in one's work.

--Marie Bashkirtseff

Had I children, my utmost endeavors should be to make them musicians. Considering I have no ear, nor even thought of music, the preference seems odd, and yet it is embraced on frequent recollection. In short, as my aim would be to make them happy, I think it the most probable method. It is a resource which will last them their lives, unless they grow deaf; it depends upon themselves, not on others; always amuses and soothes, if not consoles; and of all fashionable pleasures, is the cheapest.

--Horace Walpole

He who sings drives away sorrow.

--Italian Proverb

He that is discontented in one place will seldom be happy in another.

—Aesop

Did you ever see an unhappy horse? Did you ever see bird that had the blues? One reason why birds and horses are not unhappy is because they are not trying to impress other birds and horses.

—Dale Carnegie

I want to get rid of the living dead. I can't stand going into factories and businesses and seeing these faceless people standing around. They don't look healthy and they don't act healthy, and they're a big problem for corporate America. I'm talking about the people who are there because it's a job, whose attitude is, 'I have to be here, but I don't have to like it. I'll do it for my family, not for myself.' What have we done to create those types of environments? We should be able to tell this person, 'It's your obligation to be happy. Find somewhere to be happy.'

—Jack Stack

That is the best government which desires to make the people happy, and knows how to make them happy.

--Thomas Babington  
Macaulay

I would not give half a guinea to live under one form of government rather than another. It is of no moment to the happiness of an individual.

--Samuel Johnson

The office of government is not to confer happiness, but to give men opportunity to work out happiness for themselves.

--William Ellery  
Channing

The purity of peace, which is genuine happiness, cannot be found outside of you in material possessions, accomplishments, or other people. Pleasure is a fleeting emotion based on an external factor. But true happiness is who you are, and does not depend on anything else. When you are at peace, you are more than enough. You are pure life--complete, fulfilled, whole, and you are everything you could possibly want or need. You feel sufficiently independent and whole, yet connected to life and every being on the planet. Peace is true fulfillment. Once peace is consistently maintained, it is unwavering, no matter the strength of the storm surrounding you.

—Janice Anderson

No one is happy all his life long.

—Euripides

Having a dog will bless you with the happiest days of your life, and one of the worst days.

—*PaintedPlum.com*

The happiest people don't have the best of everything, they just make the best of everything.

—Zig Ziglar

I've decided to be happy because it's good for my health.

—Voltaire

I have learned that I always feel happier and healthier when I offer genuine love to other people.

—Seth Adam Smith

Find 100 reasons to laugh. You are bound to feel better, you will cope with problems more effectively and people will enjoy being around you. Besides unhappiness, what do you have to lose?

—Steve Goodier

It's rare to be depressed and be in prime health. Healthy people tend to be happy people.

—Toni Sorenson

Combining paid employment with marriage and motherhood creates safeguards for emotional well-being. Nothing is certain in life, but generally the chances of happiness are greater if one has multiple areas of interest and involvement. To juggle is to diminish the risk of depression, anxiety, and unhappiness.

--Faye J. Crosby

It is undeniable that a woman's ability to stretch and pursue her total competence outside the home and get paid what she's worth for it makes for happier and more fulfilled women.

--Kyle D. Pruett

To be happy with a man you must understand him a lot and love him a little. To be happy with a woman you must love her a lot and not try to understand her at all.

--Helen Rowland

I read once that you need two things to be happy. Any two of health, money and love. You can cover the absence of one with the other two. I drew comfort from this idea while I was fully bodied, employed, and unloved. It made me feel I wasn't missing much. But now I realized this was unmitigated bullshit, because health and money did not compare with love at all. I had a girl in a hospital bed who liked me and I didn't know where that might go but I could tell it was more important than low blood pressure. It mattered more than a new car. With Lola in the same building, I walked with a spring in my step. That was true literally. But I mean I was happy, happy on an axis I had previously known about only in theory. I was glad to be alive.

—Max Barry

Some women don't find happiness at home. Maybe some women do find happiness in their careers...Or in being alone. There isn't a singular goal for any person—man or woman—and yet feminism has sold us this prepackaged notion of success that, when you open it up, is totally undefined.

--Lindy West

In the process of trying so hard to have it all, we American women have ended up on very lonely journeys of perfection. We need to get back to traditions of supporting each other—in the workplace, on the playground, in our families, in the PTA meeting. Because in the end, who really cares about having it all? We all just want to be at peace, and maybe have a little happiness, too.

--Laura Gingras

Smile: Happiness Is Right Under Your Nose!

—Mary Anne Puleio

The sexual revolution's legacy, is the paradox of declining female happiness.

--Mary Eberstadt

In a 2009 study in which two Wharton School professors, using 35 years of General Social Survey data, found that despite educational and employment advances, women were reportedly less happy than they used to be.

--Sandra Tsing Loh

It's a kind of spiritual snobbery that makes people think they can be happy without money.

--Albert Camus

Happiness rates among women have dropped even as women have acquired more life options. One possible cause is the lingering inequity in male-female marriage: women's at-home workload can become so burdensome that wives opt out of the paid workforce—or sit at the office making mental lists of the chores they do versus the chores their husbands do, and bang their heads on their desks in despair.

--Liza Mundy

French women avoid anything that demands too much effort for too little pleasure. They aren't racing to the top, because most don't consider it worth the game. They care less about being the most successful person in the room and more about being the most content. They reject the notion that success is based on how hard you work and measure their happiness instead by the amount of pleasure extracted. With our common sense, rationale, humor, and joie de vivre the French seem to convince the world of what they want to hear: to take it easy and simply.

—Mireille Guiliano

In my experience, the more people have, the less likely they are to be contented. Indeed, there is abundant evidence that depression is a 'disease of affluence,' a disorder of modern life in the industrialized world. People who live in poorer countries have a lower risk of depression than those in industrialized nations. In general, countries with lifestyles that are furthest removed from modern standards have the lowest rates of depression.

--Dr. Andrew Weil

The more 'modern' a society's way of life, the higher its rate of depression. It may seem baffling, but the explanation is simple: the human body was never designed for the modern postindustrial environment.

--Stephen Ilardi

Money is human happiness in the abstract: he, then, who is no longer capable of enjoying human happiness in the concrete devotes himself utterly to money.

--Arthur Schopenhauer

Money is time. With money I buy for cheerful use the hours which otherwise would not in any sense be mine; nay, which would make me their miserable bondsman.

--George Gissing

For one rich man that is content there a hundred that are not.

—Proverb

Money never made a man happy yet, nor will it. There is nothing in its nature to produce happiness. The more a man has, the more he wants. Instead of its filling a vacuum, it makes one. If it satisfies one want, it doubles and trebles that want another way.

--Benjamin Franklin

Economy is a way of spending money without getting any pleasure out of it.

--Armand Salacrou

I place economy among the first and most important virtues, and public debt as the greatest of dangers ... We must make our choice between economy and liberty, or profusion and servitude. If we can prevent the government from wasting the labors of the people under the pretense of caring for them, they will be happy.

--Thomas Jefferson

I'm not into the money thing. You can only sleep in one bed at a time. You can only eat one meal at a time, or be in one car at a time. So I don't have to have millions of dollars to be happy. All I need are clothes on my back, a decent meal, and a little loving when I feel like it. That's the bottom line.

--Ray Charles

Money is the symbol of nearly everything that is necessary for man's well-being and happiness....Money means freedom, independence, liberty.

--Edward E. Beals

Inherited wealth is a big handicap to happiness. It is a certain death to ambition as cocaine is to morality.

--William K.  
Vanderbilt

Wealth is not his that has it, but his that enjoys it.

--Benjamin Franklin

All I ask is the chance to prove that money can't make me happy.

--Spike Milligan

In relationships, happiness is not to be found in someone but to be generated with someone.

—Ela Crain

I learned in school that money isn't everything. It's happiness that counts. So Momma sent me to a different school.

--Zsa Zsa Gabor

Extreme wealth can take away some of the basic joys of living—for instance, that some wealthy people don't look forward to the holidays, 'because they were always expected to give really good presents.' When you're a millionaire, expensive gifts merely meet expectations. That was a pretty good present, the recipient might respond. But last year, you gave me a car.

--Robert A. Kenny

The rich stare into the abyss a bit more starkly than the rest of us. We can always indulge in the thought that a little more money would make our lives happier—and in many cases it's true. But the truly wealthy know that appetites for material indulgence are rarely sated. No yacht is so super, nor any wine so expensive, that it can soothe the soul or guarantee one's children won't grow up to be creeps. When the rich man takes his last sip of Château d'Yquem 1959, he tips back the wineglass to find at its bottom an unforeseen melancholy....It is as terrifying a realization in Saint-Tropez as it is anywhere else.

--Robert A. Kenny

Goddam money. It always ends up making you blue as hell.

—J. D. Salinger

It must suck when billionaires wake up feeling like a million bucks.

—Bill Murray

What, for example, shall we say of money?... From being a means to happiness, it has come to be itself a principal ingredient of [some] individuals' conception of happiness. The same may be said of the majority of the great objects of human life: power, for example, or fame....In these cases the means have become a part of the end.

...What was once desired as an instrument for the attainment of happiness has come to be desired for its own sake. In being desired for its own sake it is, however, desired as part of happiness. The person is made, or thinks he would be made, happy by its mere possession; and is made unhappy by failure to obtain it. The desire of it is not a different thing from the desire of happiness any more than the love of music or the desire of health. They are included in happiness.

—John Stuart Mill

Financial insecurity is associated with depression, anxiety, and a loss of personal control that leads to marital difficulties.

—Brad Klontz

Money may change everything, as Cyndi Lauper sang. But lack of money definitely ruins everything. Financial impotence casts a pall of misery. It keeps you up at night and makes you not want to get up in the morning. It forces you to recede from the world. It eats at your sense of self-worth, your confidence, your energy, and, worst of all, your hope. It is ruinous to relationships, turning spouses against each other in tirades of calumny and recrimination, and even children against parents... To fail—which by many economic standards, a very large number of Americans do—may constitute our great secret national pain, one that is deep and abiding. We are impotent.

—Neal Gabler

In all our activities there is an end which we seek for its own sake, and everything else is a means to this end.... Happiness is [this] ultimate end. It is the end we seek in all that we do.

—Aristotle

Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing.

—Clive James

The primary cause of unhappiness is never the situation, but your thoughts about it. Be aware of the thoughts you are thinking.

—Eckhart Tolle

If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.

--Elbert Hubbard

Health doesn't insure happiness; but there's not much happiness without it.

--Unknown

That old saw about laughter being the best medicine has proved resistant to scientific confirmation, though a 2010 Norwegian study seemed to indicate that a vigorous sense of humor correlated to a greater survival rate up to age 65. Other findings tout laughter's effectiveness as a reliever of stress, booster of immunity and promoter of social cohesion.

—Margaret Guroff

Happiness lies first of all in health.

—George William Curtis

If one's life is so unsatisfying that an unhealthy activity brings a shred of happiness, it is nigh impossible to give it up unless something that brings greater happiness can be enjoyed in its stead.

—Prem Prakash

When our emotional health is in a bad state, so is our level of self-esteem. We have to slow down and deal with what is troubling us, so that we can enjoy the simple joy of being happy and at peace with ourselves.

—Jess C. Scott

But I see nothing miraculous about it. Nothing makes one as healthy as happiness, and there is no greater happiness than making someone else happy.

—Stefan Zweig

In general, nine-tenths of our happiness depends on our health alone.

—Arthur Schopenhauer

As a general rule, nine tenths of happiness may be said to rest on the state of health; when this is perfect, anything and everything may be a source of pleasure; in illness, on the other hand, nothing, no matter what its nature may be, is capable of affording any real enjoyment.

—Edgar Saltus

The Princess attitude to food isn't about obsessively scraping the oil off your salad, saying no to crème brûlée and taking a little snack bag of spinach everywhere you go. I truly believe it's more important to consciously choose what you're going to eat and enjoy every bite – even if it's a gooey chocolate cake with extra sugary sprinkles – than to make a healthy diet such a burden that your life stretches out in front of you as a joyless, never-ending round of wafer snack breads. (Let's face it, chocolate is a divine gift to us all and should be appreciated for the mood-altering drug that it is.)

—Rosie Blythe

It's rare to be depressed and be in prime health. Healthy people tend to be happy people.

—Toni Sorenson

You may not appreciate the presence of good health, but you will definitely regret the absence of good health, because health is happiness.

—Amit Kalantri

Few of us are aware that the act of eating can be a powerful statement of commitment to our own well-being, and at the same time the creation of a healthier habitat. Your health, happiness, and the future of life on earth are rarely so much in your own hands as when you sit down to eat.

—John Robbins

Happily we are learning that the mind has to do with the misdeeds of the body, and that there are no more valuable therapeutic agents than cheerfulness, happiness, and hope.

—Olive Thorne  
Miller (1889)

A sad soul can kill you quicker than a germ.

—John Steinbeck

If one's bowels move, one is happy; and if they don't move, one is unhappy. That is all there is to it.

—Lin Yutang

If our condition were truly happy, we would not seek diversion from it in order to make ourselves happy.

—Blaise Pascal

Men can only be happy when they do not assume that the object of life is happiness.

—George Orwell

You're mistaken if you think wrongdoers are always unhappy. The really professional evil-doers love it. They're as happy as larks in the sky....The unhappy ones are only the guilty amateurs and the neurotics.

--Muriel Spark

No man chooses evil because it is evil; he only mistakes it for happiness, the good he seeks.

—Mary Wollstonecraft

All crimes, all hatreds, all wars can be reduced to unhappiness.

—A. S. Neill

Real happiness provides you the confidence that you never thought was obtainable.  
—Asa Don Brown

When you drink alcohol you are just borrowing happiness from tomorrow.  
—Jessica Nigri

Drunkenness is never anything but a substitute for happiness. It amounts to buying the dream of a thing when you haven't money enough to buy the dreamed-of thing materially.

--Andre Gide

The drunken man's happiness is blind. Like everything in the world it has a cause, the alcohol; but it has no motive.

--Jose Ortega y Gasset

Drunkenness is temporary suicide: the happiness that it brings is merely negative, a momentary cessation of unhappiness.

--Bertrand Russell

Social scientists and psychologists are conducting research studies that clearly show that when we behave and act as if we are happy, confident, healthy or in love, we become happy, confident, healthy and in love.

—Cynthia Sue Larson

Almost anything can be preserved in alcohol, except health, happiness, and money.  
--Mary Wilson Little

Alcohol flings back, almost illimitably, the boundaries of humor so that we can find uproarious things which our poor sober friends miss altogether. It is necessary, if the joke is really good and really should be shared, to repeat it time and again until finally it penetrates those solemn skulls.

--Jean Stafford

If you need booze or drugs to enjoy our life to the fullest, then you're doing it wrong.  
—Robin Williams

It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come.

—Dalai Lama

People who do not know how to laugh are always pompous and self-conceited.

—William Makepeace  
Thackeray

It's not other people's job to make you happy and fulfilled; it's yours. It's important to always be nice and respectful of others, but it's even more important to be nice and respectful toward yourself. You have to live with yourself the rest of your life, so stop being so hard on yourself. Focus on your strengths and lead by example. You are special and unique in every way. And if other people don't appreciate you for who you are, it's their loss. Remember, there are some people who don't even like chocolate cake!

—Unknown from *The  
Angel Affect: The  
World Wide  
Mission*

Don't let one bad moment ruin your day. Think of it as a bad minute, not a bad day, and you'll be OK. Stress begins when your worry list is longer than your gratitude list. Happiness begins when your gratitude list is longer than your worry list. So find something to be thankful for today. Be sure to appreciate what you've got. Be thankful for the little things in life that mean a lot.

—John Geiger

Happiness is a state of mind, not a set of circumstances.

—Richard Carlson

The happiness of most people is not ruined by great catastrophes or fatal errors, but by the repetition of slowly destructive little things.

—Ernest Dimnet

Success in life is measured, most easily, by the number of days that a person is truly happy.

—Eric Edmeades

We have no more right to put our discordant states of mind into the lives of those around us and rob them of their sunshine and brightness than we have to enter their houses and steal their silverware.

--Julia Moss Seton

## **HOW TO SUCCEED IN LIFE**

Make up your mind to be happy.  
Learn to find pleasure in simple things.

Make the best of your circumstances. No one has everything, and everyone has something of sorrow intermingled with the gladness of life. The trick is to make the laughter outweigh the tears.

Don't take yourself too seriously. Don't think that somehow you should be protected from misfortunes that befall others.

You can't please everybody. Don't let criticism worry you.

Don't let your neighbor set your standards. Be yourself.

Do the things you enjoy doing, but stay out of debt.

Don't borrow trouble. Imaginary burdens are harder to bear than the actual ones.

Since hate poisons the soul do not cherish enmities or grudges. Avoid people who make you unhappy.

Have many interests. If you can't travel, read about new places.

Don't hold postmortems. Don't spend your life brooding over sorrows and mistakes. Don't be one who never gets over things.

Do what you can for those less fortunate than yourself.

Keep busy at something. A busy person never has time to be unhappy.

--Robert Louis Stevenson

Early in life I decided that I would not be overcome by events. My philosophy has been that regardless of the circumstances, I shall not be vanquished, but will try to be happy. Life is not easy for any of us. But it is a continual challenge and it is up to us to be cheerful—and to be strong, so that those who depend on us may draw strength from our example.

--Rose Kennedy

I can find no more comfortable frame of mind for the conduct of life than a humorous resignation.

--W. Somerset Maugham

The follies which a man regrets most in his life are those which he didn't commit when he had the opportunity.

--Helen Rowland

The purpose of life is not to be happy. The purpose of life is to matter, to be productive, to have it make a difference that you lived at all. Happiness means self-fulfillment and is given to those who use to the fullest whatever talents God or luck bestows upon them.

--Leo Rosten

We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry.

--E. B. White

Unnecessary possessions are unnecessary burdens. If you have them, you have to take care of them! There is great freedom in simplicity of living. It is those who have enough but not too much who are the happiest.

--Peace Pilgrim

If you're not having fun it's not worth doing.

--Tommy Bolin

Do not be too moral. You may cheat yourself out of much life.

—Henry David Thoreau

I take him to be the only rich man that lives upon what he has, owes nothing, and is contented.

--Nathaniel Howe

Certainly it is important to do things that provide enjoyment. But fun cannot be the end that shapes man's life. If all is 'enjoyed,' one will not know true joy.

--George W. Morgan

There is certainly no greater happiness than to be able to look back on a life usefully and virtuously employed, to trace our own progress in existence, by such tokens as excite neither shame nor sorrow.

--Samuel Johnson

Happiness, or misery, is in the mind. It is the mind that lives.

--William Cobbett

The aim of psychoanalysis is to relieve people of their neurotic unhappiness so that they can be normally unhappy.

—Sigmund Freud

Happiness, after all, is generally measured as reported satisfaction with one's life—a state of mind perhaps more accessible to those who are affluent, who conform to social norms, who suppress judgment in the service of faith, and who are not overly bothered by societal injustice...The real conservatism of positive psychology lies in its attachment to the status quo, with all its inequalities and abuses of power. Positive psychologists' tests of happiness and well-being, for example, rest heavily on measures of personal contentment with things as they are.

—Barbara Ehrenreich

Good therapy, gently but firmly, moves people out of denial and compartmentalization. It helps clients to develop richer inner lives and greater self-knowledge. It teaches clients to live harmoniously with others and it enhances Existential consciousness, and allows people to take responsibility for their effects on the world at large. For me, happiness is about appreciating what one has. Practically speaking, this means lowering expectations about what is fair, possible and likely. It means, finding pleasure in the ordinary.

—Mary Pipher

We are a society of notoriously unhappy people: lonely, anxious, depressed, destructive, dependent — people who are glad when we have killed the time we are trying so hard to save.

—Erich Fromm

Guilt is simply God's way of letting you know that you're having too good a time.

—Dennis Miller

Some people are so much sunshine to the square inch.

—Walt Whitman

Babies have the power to make grumpy people happy because they love you no matter what. Dogs are that way, too.

—Mariel Hemingway

If you want to live a happy life, tie it to a goal. Not to people or things.

—Albert Einstein

I've been so used to feeling depressed that being happy for long periods of time makes me uncomfortable.

—*The Chive*

I am not sure that it is of the first importance that you should be happy. Many an unhappy man has been of deep service to himself and to the world.

—Woodrow Wilson

According to one oft-repeated rule of thumb, spending on experiences rather than objects makes you happiest. When asked to reflect on a purchase, people who described experiential ones—travel, say, or concerts—were much happier than those who described material ones.

—Thomas Gilovich and  
Leaf Van Boren

More than income, investments, or debt, the amount of cash in one's checking account correlates with life satisfaction.

—Peter M. Ruberton

The habit of being happy enables one to be freed, or largely freed, from the domination of outward conditions.

—Robert Stevenson

After all we could get on very happily if aviation, wireless, television and the like advanced no further than at present....The sum of human happiness would not necessarily be reduced if for ten years every physical and chemical laboratory were closed and the patient and resourceful energy displayed in them transferred to the lost art of getting on together and finding the formula for making both ends meet in the scale of human life. Much, of course, we should lose by this universal scientific holiday...but human happiness would not necessarily suffer.

--Edward Arthur  
Burroughs

No true and permanent fame can be founded except in labors which promote the happiness of mankind.

—Charles Sumner

It is my firm belief that the main source of happiness in life's work. Whatever that work may be, I have found that the best gift life can give us is that we have something to set our hand to, something in which to be busy, in which we may be productive.

--Kirsten Flagstad

Employment is nature's physician, and is essential to human happiness.

—Galen

The one thing that's saving me—saving me, I mean, not from any melodramatic issues but just from sheer unhappiness—is lots and lots of work.

--Dylan Thomas

Labor, if it were not necessary for the existence, would be indispensable for the happiness of man.

--Samuel Johnson

When men are employed, they are best contented; for on the days they worked they were good-natured and cheerful, and, with the consciousness of having done a good day's work, they spent the evening jollily; but on our idle days they were mutinous and quarrelsome.

--Benjamin Franklin

In order that people may be happy in their work, these three things are needed: They must be fit for it. They must not do too much of it. And they must have a sense of success in it.

--John Ruskin

Employment, which Galen calls 'nature's physician,' is so essential to human happiness that indolence is justly considered as the mother of misery.

--Richard E. Burton

The crowning fortune of a man is to be born to some pursuit which finds him employment and happiness, whether it be to make baskets, or broadswords, or canals, or statues, or songs.

--Ralph Waldo Emerson

Hard work never killed a man. Men die of boredom, psychological conflict and disease. Indeed the harder your people work, the happier and healthier they will be.

--David Ogilvy

The only way to enjoy life is to work.

--Noël Coward

Toil and pleasure, dissimilar in nature, are nevertheless united by a certain natural bond.

—Titus Livius

America is the only nation that proclaims the 'pursuit of happiness' as a national goal.

--Walter Mondale

I have never been able to conceive how any rational being could propose happiness to himself from the exercise of power over others.

--Thomas Jefferson

They must often change who would be constant in happiness or wisdom.

--Confucius

Where fear is, happiness is not.

--Seneca

Courage takes many forms. There is physical courage; there is moral courage. Then there is a still higher type of courage—the courage to brave pain, to live with it, to never let others know of it and to still find joy in life; to wake up in the morning with an enthusiasm for the day ahead.

--Howard Cosell

We must have courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness.

--Maxwell Maltz

All happiness depends on courage and work. I have had many periods of wretchedness, but with energy and above all with illusions, I pulled through them all.

--Honoré de Balzac

The way of the consumerist culture is to spend so much energy chasing happiness that it has none left to be happy.

—Criss Jami

The eighteenth and nineteenth centuries abandoned the idea of spiritual or intellectual happiness in order to have this material happiness, consisting of a certain number of essential consumer goods. And hence, in the nineteenth century, happiness was linked to a well-being obtained by mechanical means, industrial means, production. The new thing that Saint-Just spoke about was that, in the past, happiness could appear as a very vague, very distant prospect for humanity, whereas now, people seemed to be within reach of the concrete, material possibility of attaining it. That was why happiness was to become an absolutely essential image for the nineteenth-century bourgeoisie, and for modern society. Happiness was attainable thanks to industrial development, and this image of happiness brought us fully into the consumer society.

—Jacques Ellul

If you are not content today, there is nothing you can buy tomorrow to change that.

—Joshua Becker

We have too quickly bought into the lie that we'll be happier with more—and as a result, too often miss the joy that comes from owning less.

—Joshua Becker

We labor to make a house a home, then every time we're expecting visitors, we rush to turn it back into a house.

—Robert Braul

The discovery of a new dish does more for human happiness than the discovery of a new star.

—Anthelme Brillat-Savarin

It is easier to be happy when you are not surrounded by the confusion and the clutter of life.

—David Baird

You can never get enough of what you don't need to make you happy.

—Eric Hoffer

All happiness depends on a leisurely breakfast.

—John Gunther

If you would be content, do what you ought, not what you please.

—Benjamin Franklin

The men and women who have the right ideals ... are those who have the courage to strive for the happiness which comes only with labor and effort and self-sacrifice, and those whose joy in life springs in part from power of work and sense of duty.

--Theodore Roosevelt

Never teach false morality. How exquisitely absurd to teach a girl that beauty is of no value, dress of no use! Beauty is of value—her whole prospects and happiness in life may often depend upon a new gown or a becoming bonnet; if she has five grains of common sense, she will find this out. The great thing is to teach her their just value, and that there must be something better under the bonnet than a pretty face, for real happiness. But never sacrifice truth.

--Sydney Smith

I believe that teaching children honesty and the value of knowledge is fundamentally important to the existence of our free society and in the long run, to the happiness and quality of life of the students as they grow into adults. I admire and applaud parents who do the difficult and thankless work of teaching these values to their children. And I mourn those who teach children it is OK to cheat.

--Steve Simpson

Everyone wants happiness;  
no one wants pain.  
But you can't have a rainbow  
without a little rain.

—Zion Lee

Happiness will never come your way as long as your back is turned on duty.

--Unknown

Our aches and pains conform to opinion. A man's as miserable as he thinks he is.

--Seneca

Unless you consider happiness before you consider success, then the manner in which you achieve success could be something that would destroy you later. Many people are so busy running to the top, stepping on their competitors, stepping on their enemies, and saddest of all, stepping on their friends and loved ones that when they get to the top, they look around and discover they are lonely and unhappy. They'll ask me, 'Where did I go wrong?' My answer has always been, 'Probably at the beginning.'

--Berry Gordy

The worst part of success is trying to find someone who is happy for you.  
—Bette Midler

It sounds cliché, but success is your friends, your family, what you do, and if you're happy when you wake up.  
—Michael Pitt

It is not necessary that whilst I live I live happily; but it is necessary that so long as I live I should live honourably.  
—Immanuel Kant

Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself.  
—Alice Walker

Happiness: an easy life, but not a sedentary one.  
—Marty Rubin

Fun is not an activity, it is a state of mind.  
—Bryant McGill

The faster a motorist is in the pursuit of happiness, the less likely he is to overtake it.  
—Evan Esar

Don't complain because you don't have. Enjoy what you've got.  
—H. Stanley Judd

Don't promise when you're happy, Don't reply when you're angry, and don't decide when you're sad.  
—Ziad K. Abdelnour

Cherish all your happy moments; they make a fine cushion for old age.  
—Booth Tarkington

No one can be said to be happy until he is dead.  
—Solon

Be sure in your daily planner to write down the word 'play.' Do something for you that will make you smile and laugh because that day will never come again.

--Juli Hutson

Happiness is a state of activity.

—Aristotle

If you want to be happy, be a person who likes to 'do' things.

—Marty Rubin

How could anything one loves doing, even for an instant, be pointless or a waste of time?

—Marty Rubin

The secret to happiness is to be absorbed in something other than yourself.

—Marty Rubin

Being happy actually affects the way that you look.

—Kelly Preston

Happiness is a fleeting moment of a day. It's not a state of being. If you're happy all the time, something's wrong with you. We are put on this earth to toil and to make things. Making the world a better place is not a happy job.

—John Mellencamp

Find ecstasy in life; the mere sense of living is joy enough.

—Emily Dickinson

When we look for happiness, we often look for the big event—the birth of a grandchild, getting a job, getting married. But, really, psychologists show us that happiness is found in the small things we do. It is by hanging on to those small moments of joy that they start to add up in our minds.

—Sheryl Sandberg

When one is happy there is no time to be fatigued; being happy engrosses the whole attention.

—E. F. Benson

There is little correlation between the circumstances of people's lives and how happy they are.

—Dennis Prager

I am now quite cured of seeking pleasure in society, be it country or town. A sensible man ought to find sufficient company in himself.

--Emily Bronte

No thoroughly occupied man was ever yet very miserable.

—Letitia Landon

You don't need to get the best grades or do the best anything. Just do what makes you smile.

—*Unmasked*-High School  
Film

If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

—Abraham Maslow

Love is when the other person's happiness is more important than your own.

--H. Jackson Brown, Jr.

Human felicity is produc'd not so much by great Pieces of good Fortune that seldom happen, as by little Advantages that occur every day.

—Benjamin Franklin

If we're ever going to be truly happy...we need to be willing to charge headlong into the inferno of our most horrific fears—eyes open, intellect and spirit at the ready - even as our survival instincts are screaming, 'Run! Run! Get out!' That takes courage, and that's why courage is one of the prerequisites for happiness. Courage, they say, is not the lack of fear, but the ability to take action in spite of it. But where does that ability come from? What power grants the strength to overcome the sick, shaky feeling of fear? Only one power is that strong: love. In the ultimate analysis, human beings have only two essential primal feelings: fear and love. Fear impels us to survive, and love enables us to thrive. This complementary pair of feelings has been the driving force of human history. Fear is the product of the reptilian brain, hardwired into every fiber of our being, and love is the product of the neocortical higher brain, where spirit and intellect reside. Thus, the dance of the spirit and reptile—the shifting balance between the neocortex and the reptilian brain—is the dance of love and fear. For you to be happy, love must lead this dance.

—Dan Baker, Ph.D.

The consuming desire of most human beings is deliberately to plant their whole life in the hands of some other person. I would describe this method of searching for happiness as immature. Development of character consists solely in moving toward self-sufficiency.

--Quentin Crisp

When I was young, I believed the same nonsense that a lot of people believe about happiness—that it comes from the flashy veneer of the American dream: money, status, and power. But then I grew up (unlike too many other people, who only grow older) and I began to see that these things often destroyed happiness. I learned that happiness only comes from inner qualities, such as courage, altruism, and optimism. Happiness comes from the self. But where is the self? Who is the self? Who are you? If you don't know, you'll never be happy, because you'll never be able to connect with the inner core qualities that make happiness possible. You'll just travel through life in circles, always going, always intent—never arriving, never content. You should, in fact, be able to describe exactly who you are, right now, in the proverbial 25 words or less.

—Dan Baker, Ph.D.

Many illnesses can be cured by the one medicine of love and compassion. These qualities are the source of human happiness and our need for them lies at the very core of our being.

--The Dalai Lama

To love is to place our happiness in the happiness of another.

—Gottfried Wilhelm von  
Leibnitz

If you truly love someone, then the only thing you want for them is to be happy....even if it's not with you.

--Lauren Conrad

Loving can cost a lot but not loving always costs more, and those who fear to love often find that want of love is an emptiness that robs the joy from life.

—Merle Shain

Love is a force more formidable than any other. It is invisible—it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could.

—Barbara de Angelis

Spring translates earth's happiness into colorful flowers.

—Terri Guillemets

There are two times in a person's life when there is the possibility of pure happiness: in youth and in summer.

— Brielle A. Marino

In the entire circle of the year there are no days so delightful as those of a fine October, when the trees are bare to the mild heavens, and the red leaves bestrew the road, and you can feel the breath of winter morning and evening—no days so calm, so tenderly solemn, and with such a reverent meekness in the air.

—Alexander Smith

As the days grow short, some faces grow long. But not mine. Every autumn, when the wind turns cold and darkness comes early, I am suddenly happy. It's time to start making soup again.

—Leslie Newman

Fallen leaves lying on the grass in November bring more happiness than the daffodils.

--Cyril Connolly

Speaking of happiness, those distinctive moments are found outdoors—in the fall, in the winter and always in the mountains where people are few, wildlife is abundant and there is peace in the quiet.

— Donna Lynn Hope

Let there be a cottage.... a real cottage... a white cottage, embowered with flowering shrubs, so chosen as to unfold a succession of flowers upon the walls, and clustering round the windows through all the months of spring, summer, and autumn—beginning, in fact, with May roses, and ending with jasmine. Let it, however, not be spring, nor summer, nor autumn—but winter, in his sternest shape. This is a most important point in the science of happiness. And I am surprised to see people overlook it, and think it matter of congratulation that winter is going; or, if coming, is not likely to be a severe one. On the contrary, I put up a petition annually, for as much snow, hail, frost, or storm, of one kind or other, as the skies can possibly afford us. Surely every body is aware of the divine pleasures which attend a winter fire-side: candles at four o'clock, warm hearth-rugs, tea, a fair tea-maker, shutters closed, curtains flowing in ample draperies on the floor, whilst the wind and rain are raging audibly without.

—Thomas De Quincey

When children find true love,  
parents find true joy.

—Unknown

Not to be happy is not to be grateful.

—Elizabeth Carter

[A] winter evening.... fruits which cannot be ripened without weather stormy or inclement, in some way or other. I am not 'particular,' as people say, whether it be snow, or black frost, or wind so strong, that (as Mr.— says) 'you may lean your back against it like a post.' I can put up even with rain, provided it rains cats and dogs: but something of the sort I must have: and, if I have it not, I think myself in a manner ill-used: for why am I called on to pay so heavily for winter, in coals, and candles, and various privations that will occur even to gentlemen, if I am not to have the article good of its kind?... [A] winter night... must be divided by a thick wall of dark nights from all return of light and sunshine.—From the latter weeks of October to Christmas-eve, therefore, is the period during which happiness is in season, which, in my judgment, enters the room with the tea-tray.

—Thomas De Quincey

Brotherhood is not just a *Bible* word. Out of comradeship can come and will come the happy life for all.

--Heywood Broun

The only way to live happily with people is to overlook their faults and admire their virtues.

--David Goodman

The happiness and unhappiness of the rational, social animal depends not on what he feels but on what he does just as his virtue and vice consist not in feeling but in doing.

—Marcus Aurelius  
Antoninus

Facebook makes me feel bad. No matter how satisfied I am with my life, career, family, social life, house, etc., as soon as I log on to Facebook and peek into other's lives, I immediately feel that unease caused by comparison....A little kernel of doubt settles into my gut, and it feels really bad.

--Glennon Doyle Melton

You can't reason yourself back into cheerfulness any more than you can reason yourself into an extra six inches in height.

—Stephen Fry

A child who sings is a happy child.

—Elder Enrique  
Falabella

Of all the means to insure happiness throughout the whole of life, by far the most important is the acquisition of friends.

--Epicurus

Pleasures afford more delight when shared with others; to enjoy them in solitude is a dreary thing.

--Dio Chrysostom

I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy. Let's face it, friends make life a lot more fun.

—Charles R. Swindoll

That perfect tranquillity of life, which is nowhere to be found but in retreat, a faithful friend and a good library.

—Aphra Behn

What brings joy to the heart is not so much the friend's gift as the friend's love.

--Saint Ailred of Rievaulx

To have had an unhappy life is to have failed in life. It is the one consummate error.

--Llewelyn Powys

All of the animals excepting man know that the principal business of life is to enjoy it.

--Samuel Butler  
the Younger

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

--George Bernard Shaw

A good friendship is a wonderful antidepressant. Relationships are so powerful, we don't always appreciate the many levels at which they affect us.

—Janice Kiecolt-Glaser

Life is the quest for joy.

--J. Donald Walters

The purpose of life is the expansion of happiness.

--Maharishi Mahesh Yogi

A good life is when you smile often, dream big, laugh a lot & realize how blessed you are for what you have.

—Unknown

I like nonsense—it wakes up the brain cells. Fantasy is a necessary ingredient in living. It's a way of looking at life through the wrong end of a telescope... and that enables you to laugh at all of life's realities.

--Dr. Seuss

There is no cure for birth and death save to enjoy the interval. The dark background which death supplies brings out the tender colors of life in all their purity.

—George Santayana

In recent years, I've tried to come to grips with the idea that you can actually choose to be happy. You can choose not to let things affect you negatively. I've always had such a quick temper. I realize now, it's such a waste of energy. You can actually choose to let things roll off you.

—Jessica Lange

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.

—Thomas Jefferson

A mind always employed is always happy. This is the true secret, the grand recipe, for felicity.

—Thomas Jefferson

I see my purpose in life as making the world a happier place to be in.

—David Niven

Bride: a woman with a fine prospect of happiness behind her.

--Ambrose Bierce

The difference between being unhappily single and unhappily married is that, in the first case, one phone call can turn it around. The other takes a lot more work.

--Sally Jackson

For a marriage to prove happy, the husband should be deaf and his wife blind.

--Spanish Proverb

Deceive not thyself by over expecting happiness in the married estate. Remember the nightingales which sing only some months in the spring, but commonly are silent when they have hatched their eggs.

--Thomas Fuller

Another reason for unhappy marriages is that men can't fool their wives like they could their mothers.

—N. S. Isaac

The happiness of married life depends upon making small sacrifices with readiness and cheerfulness.

--Selden

The husband who wants a happy marriage should learn to keep his mouth shut and his checkbook open.

--Groucho Marx

Marriage: a job. Happiness or unhappiness has nothing to do with it.

--Kathleen Norris

Nothing flatters a man as much as the happiness of his wife; he is always proud of himself as the source of it.

--Samuel Johnson

Any marriage, happy or unhappy, is infinitely more interesting and significant than any romance, however passionate.

--W. H. Auden

A happy marriage is one where the man knows what to remember, and the woman knows what to forget.

--Bob Phillips

Happiness in marriage is entirely a matter of chance. If the dispositions of the parties are ever so well known to each other, or ever so similar before-hand, it does not advance their felicity in the least. They always contrive to grow sufficiently unlike afterwards to have their share of vexation; and it is better to know as little as possible of the defects of the person with whom you are to pass your life.

--Jane Austen

A happy wife sometimes has the best husband, but more often makes the best of the husband she has.

—Evan Esar

There are as many women unhappily married as there are women unhappily unmarried.

--Unknown

You show me a man with his stomach full of his wife's good cooking and his slippers on the rug and his pipe in his mouth and his newspaper in his hand while his wife sits by sewing, and I will show you a man who is too happy to be in love.

--Peggy Joyce Hopkins

I think the bottom-line difference being single and being married is this: When you're single, you're as happy as you are. When you're married, you can only be as happy as the least happy person in the apartment.

--Tom Hertz

My wife and I were happy for 20 years. Then we met.

--Rodney Dangerfield

The bottom line is that men, not women, are much happier when they're married.

--Philip Cohen

The research shows that marriage is a predictor of greater well-being, social support, and financial stability; lower depression; and better physical health.

--Robert Nohr, Ph.D.

One does not find happiness in marriage, but takes happiness into marriage.

—Unknown

A husband is a man who has lost his liberty in the pursuit of happiness.

—Evan Esar

On average, people who get married and stay married enjoy almost twice as much wealth as those who never marry. This economic shelter is probably one reason that married couples report being happier than single ones. But it's not the only one. Married people are healthier on average, and they live longer. They also report better mental health. And for all those people who say that they'd hate to get married and give up their terrific sex life, married people generally report having more sex and higher levels of satisfaction with their sex life. While people who marry earlier get less of an income boost, on average, they actually report being happier with their marriages than those who wait.

--Megan McArdle

I personally cannot recall the last time I saw an attractive woman with a hideous man, and I keep my eyes peeled for this sort of thing. You might see a 10 with an 8, or an 8 with a 5, but you never see a 9 with a 2. And that's the reason ugly men do not cheat on their wives. An ugly man is so happy that he found one woman willing to gaze at his dreadful countenance for the next 40 years that there is no way he is going to risk everything by cheating on her.

--Joe Queenan

Truly, love is something a lot more than to sleep with someone else, more than just to talk with that person. It's to think of that person, wanting them to be happy, to wish them well, to care about them, showing consideration, listening when they are happy or when they're sad, encouraging, it is to show your love, to make that someone feel special, it is always waiting to hear their voice, keeping them in your mind, in your thoughts, and in your heart.

—José N. Harris

Half of all marriages end in divorce—and then there are the really unhappy ones.

--Joan Rivers

In marriage you have two choices: Be right or be happy.

—Internet Meme

There's only one way to have a happy marriage and as soon as I learn what it is I'll get married again.

—Clint Eastwood

Many women miss their greatest chance of happiness through a want of courage in the decisive moments of their lives.

--Winifred Gordon

I also became familiar with an entirely new category of people: the unhappily married person. They are everywhere, and they are ten thousand times more depressing than a divorced person. My friend Tim, whose name I've changed, obviously, has gotten more and more depressing since he married his girlfriend of seven years. Tim is the kind of guy who corners you at a party to tell you, vehemently, that marriage is work And that you have to work on it constantly. And that going to couples' therapy is not only normal but something that everyone needs to do. Tim has a kind of manic, cult-y look in his eye from paying thousands of dollars to a marriage counselor. He is convinced that his daily work on his marriage, and his acknowledgement that it is basically a living hell, is modern. The result is that he has helped to relieve me of any romantic notions I had about marriage.

—Mindy Kaling

You can't make women happy, that's a kind of fundamental law of the universe. You try and make them happy, and they'll never forgive you for revealing to them that they can't be.

--Len Deighton

We are foolish, and without excuse foolish, in speaking of the superiority of one sex to the other, as if they could be compared in similar things! Each has what the other has not; each completes the other; they are in nothing alike; and the happiness and perfection of both depend on each asking and receiving from the other!

--John Ruskin

Nobody bores any man as much as an unhappy female.

—Moss Hart

No human being can really understand another, and no one can arrange another's happiness.

--Graham Greene

It is one of the most saddening things in life that, try as we may, we can never be certain of making people happy, whereas we can almost always be certain of making them unhappy.

—Thomas Huxley

Rich bachelors should be heavily taxed. It is not fair that some men should be happier than others.

--Oscar Wilde

A fortune hunter is a considerate man who doesn't let money stand between a girl and her happiness.

—Evan Esar

Were it not for imagination, a man would be as happy in the arms of a chambermaid as of a duchess.

--Samuel Johnson

A woman has a dozen different ways to make a man happy, and a hundred ways to make him unhappy.

--James G. Huneker

Anyone can make you happy by doing something special, but only someone special can make you happy without doing anything.

*--dailyinspirationalquotes.in*

Why would I make one woman so miserable when I can make so many women very happy?

—Benny Hill

The only sin passion can commit is to be joyless.

—Dorothy L. Sayers

Good things happen in your life when you surround yourself with positive people.

—Roy T. Bennett

There is no beautifier of complexion, or form, or behavior, like the wish to scatter joy and not pain around us.

--Ralph Waldo Emerson

A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stickout teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.

—Roald Dahl

Joy is the best makeup.

—Anne Lamott

Maybe one of the most heartening findings from the psychology of pleasure is there's more to looking good than your physical appearance. If you like somebody, they look better to you. This is why spouses in happy marriages tend to think that their husband or wife looks much better than anyone else thinks that they do.

—Paul Bloom

If you want to die happily, learn to live; if you would live happily, learn to die.

--Celio Calcagnini

As a well-spent day brings happy sleep, so life well used brings happy death.

--Leonardo da Vinci

The gods conceal from men the happiness of death, that they may endure life.

—Lucan

A happy life is when first you die, then your children die, then their children die.

--Chinese Proverb

What kills a person at twenty-five? Leukemia. An accident....the better odds are that someone who passes at that age dies of unhappiness. Drug overdose. Suicide. Reckless behavior.

—Scott Turow

Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content.

—Helen Keller

Man is born in a day, and he dies in a day, and the thing is easily over; but to have a sick heart for three-fourths of one's lifetime is simply to have death renewed every morning; and life at that price is not worth living.

—Gilbert Parker

Parenting styles continue to change, as do school curricula and culture, and these things matter. But the twin rise of the smart phone and social media has caused an earthquake of a magnitude we've not seen in a very long time, if ever. There is compelling evidence that the devices we've placed in young people's hands are having profound effects on their lives—and making them seriously unhappy.

—Jean M. Twenge

Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on non-screen activities are more likely to be happy.

There's not a single exception. All screen activities are linked to less happiness, and all non-screen activities are linked to more happiness. Eighth-graders who spend 10 or more hours a week on social media are 56 percent more likely to say they're unhappy than those who devote less time to social media. Admittedly, 10 hours a week is a lot. But those who spend 6 to 9 hours a week on social media are still 47 percent more likely to say they are unhappy than those who use social media even less. The opposite is true of in-person interactions. Those who spend an above-average amount of time with their friends in person are 20 percent less likely to say they're unhappy than those who hang out for a below-average amount of time. If you were going to give advice for a happy adolescence...it would be straightforward; put down the phone, turn off the laptop, and do something — anything— that does not involve the screen.

—Jean M. Twenge

Happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.

—Frederick Keonig

He never cares to wander from his own fireside,  
He never cares to wander or to roam.  
With his baby on his knee,  
He's as happy as can be,  
For there's no place like home, sweet home.

--Felix McGlennon

If you wanna be happy for the rest o' your life,  
Never make a pretty woman your wife.  
And from my personal point of view,  
Get an ugly girl to marry you.

--Jimmy Soul

Happy laughter and family voices in the home will keep more kids off the streets at night than the strictest curfew.

—Unknown

There is no such thing as fun for the whole family.

--Jerry Seinfeld

To be happy at home is the ultimate result of all ambition, the end to which every enterprise and labor tends, and of which every desire prompts the prosecution.

--Samuel Johnson

It was the policy of the good old gentleman to make his children feel that home was the happiest place in the world; and I value this delicious home-feeling as one of the choicest gifts a parent can bestow.

--Washington Irving

Family life is the source of the greatest human happiness. This happiness is the simplest and least costly kind, and it cannot be purchased with money. But it can be increased if we do two things: if we recognize and uphold the essential values of family life and if we get and keep control of the process of social change so as to make it give us what is needed to make family life perform its essential functions.

--Robert J. Havighurst

It is difficult to realize how great a part of all that is cheerful and delightful in the recollections of our own life is associated with trees.

--Wilson Flagg

It seems so impossible to understand the emotional life of a bird. How, in the extreme terrors of its existence, can it sing so happily? There is no hint of fear in the song of any bird, nor does terror mar the beauty of its life. It seems able to live entirely in the moment, isolating its joys and fears.

--Clare Leighton

I will be the gladdest thing under the sun!  
I will touch a hundred flowers and not pick one.

--Edna St. Vincent Millay

Nature has given the chance of happiness to all, if only they knew how to use it!

--Claudian

To sit in the shade on a fine day and look upon verdure is the most perfect refreshment.

--Jane Austen

All my life through, the new sights of Nature made me rejoice like a child.

--Marie Curie

No life can be barren which hears the whisper of the wind in the branches, or the voice of the sea as it breaks upon the shore; and no soul can lack happiness looking up to the midnight stars.

--William Winter

A morning-glory at my window satisfies me more than the metaphysics of books.

--Walt Whitman

I have had more than half a century of such happiness.  
A great deal of worry and sorrow, too, but never  
a worry or a sorrow that was not offset by a purple iris,  
a lark, a bluebird, or a dewy morning glory.

—Mary McLeod Bethune

Go outside, to the fields, enjoy nature and the sunshine,  
go out and try to recapture happiness in yourself and in God.  
Think of all the beauty that's still left in and around you and be happy!

--Anne Frank

I do not know when it was, nor where it was, nor how young I may have been, but I can recall...a sudden feeling of happiness at hearing the voice of the pines.

—Frank Bolles

The lesson I have thoroughly learnt, and wish to pass on to others, is to know the enduring happiness that the love of a garden gives.

—Gertrude Jekyll

The best remedy for those who are frightened, lonely or unhappy is to go outside, somewhere where they can be alone with the sky, nature and God. For only then can you feel that everything is as it should be and that God wants people to be happy amid nature's beauty and simplicity.

—Anne Frank

Exposure to nature is good for civilization. A few days in nature yields a 50 percent improvement in creativity, increases attention span, and lessens hyperactivity and aggression. Proximity to the ocean correlates with one's happiness, and mortality rates drop in greener neighborhoods, while traffic noise increases the strain on one's heart. Put another way, our growing alienation from nature is killing us.

—Florence Williams

Does anyone remember laughter?

—Robert Plant

Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others.

—Martin Luther  
King, Jr.

Happiness and moral duty are inseparably connected.

—George Washington

Happiness is the absence of suffering. I think it's an interesting way of looking at it. I think the absence of suffering exists very rarely in the world we live in.

—Julie Christie

I cannot go to the Opera, because I have forsworn all expense which does not end in pleasing me.

—Charles Townshend

Those who won our independence believed liberty to be the secret of happiness and courage to be the secret of liberty.

—Louis Brandeis

I truly believe that if we keep telling the Christmas story, singing the Christmas songs, and living the Christmas spirit, we can bring joy and happiness and peace to this world.

—Norman Vincent Peale

Ma told them something else about Santa Claus. He was everywhere, and besides that, he was all the time.

Whenever anyone was unselfish, that was Santa Claus.

Christmas Eve was the time when everybody was unselfish. On that one night, Santa Claus was everywhere, because everybody, all together, stopped being selfish and wanted other people to be happy. And in the morning you saw what that had done.

'If everybody wanted everybody else to be happy all the time, then would it be Christmas all the time?' Laura asked, and Ma said, 'Yes, Laura.'

--Laura Ingalls Wilder

Life has a purpose and that is to be happy, and happiness is the fruits of our love and labor.

--Debasish Mridha

Christmas...can end up making you sad, because you know you should be happy.

--Ava Dellaira

It's never too late—never too late to start over, never too late to be happy.

—Jane Fonda

Show me a person who doesn't like to laugh and I'll show you a person with a toe tag.

—Julia Roberts

The unhappy derive comfort from the misfortunes of others.

—Aesop

Nothing is more beautiful than cheerfulness in an old face.

—Jean Paul Friedrich  
Richter

Reminiscences make one feel so deliciously aged and sad.

--George Bernard Shaw

Old age has its pleasures, which, though different, are not less than the pleasures of youth.

--W. Somerset Maugham

Old age, believe me, is a good and pleasant time. It is true that you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator, and, if you have really played your part, you are more content to sit down and watch.

--Jane Ellen Harrison

We don't stop laughing because we grow old; we grow old because we stop laughing.

--Michael Pritchard

In spite of illness, in spite even of the archenemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in small ways.

--Edith Wharton

To be happy in this world, especially when youth is past, it is necessary to feel oneself not merely an isolated individual whose day will soon be over, but part of the stream of life flowing on from the first germ to the remote and unknown future.

--Bertrand Russell

Old age and happiness seldom go together.

--Seneca

There cannot live a more unhappy creature than an ill-natured old man, who is neither capable of receiving pleasures, nor sensible of conferring them on others.

--Sir W. Temple

Given three requisites—means of existence, reasonable health, and an absorbing interest—those years beyond sixty can be the happiest and most satisfying of a lifetime.

--Earnest Elmo Calkins

The nearer she came to death, the more, by some perversity of nature, did she enjoy living.

--Ellen Glasgow

Living a long and healthy life has a lot to do with living an enjoyable life.

--Richard Stein

The peak of emotional life may not occur until well into the seventh decade....Forties were, for me, the worst. You're never good enough professionally. I think you're coming out of the fog in the 50s. [At 60] I feel so privileged. I feel it now.

—Laura Carstensen

Younger people consistently and markedly overestimate how satisfied they will be in five years, while older people underestimate future satisfaction. So youth is a period of perpetual disappointment, and older adulthood is a period of pleasant surprise.

—Hannes Schwandt

Happiness is not having to set the alarm for the next day.

—T-Shirt Slogan

Protect your play time. Don't let the cult of adulthood wreak havoc on your play time. Liberate yourself and experience the joy and energy that results from spontaneous, unstructured, play. If you need help figuring this one out, find a child to guide you. If you are with your elders, break out a game of cards, checkers or Monopoly. Everyone lives better when then have enough unstructured play time.

—Dr. Bill Thomas

When I'm an old lady, I'll live with each kid,  
And bring so much happiness just as they did.  
I want to pay back all the joy they've provided.  
Returning each deed! Oh, they'll be so excited!  
When I'm an old lady and live with my kids.  
I'll write on the walls with reds, whites and blues,  
And I'll bounce on the furniture wearing my shoes.  
I'll drink from the carton and then leave it out.  
I'll stuff all the toilets and oh, how they'll shout!  
When I'm an old lady and live with my kids.  
When they're on the phone and just out of reach,  
I'll get into things like sugar and bleach.  
Oh, they'll snap their fingers and then shake their head,  
When I'm an old lady and live with my kids.  
When they cook dinner and call me to eat,  
I'll not eat my green beans or salad or meat,  
I'll gag on my okra, spill milk on the table,  
And when they get angry I'll run if I'm able!  
When I'm an old lady and live with my kids.  
I'll sit close to the TV, through channels I'll click,  
I'll cross both eyes just to see if they stick.  
I'll take off my socks and throw one away,  
And play in the mud 'til the end of the day!  
When I'm an old lady and live with my kids.  
And later in bed, I'll lay back and sigh,  
I'll thank God in prayer and then close my eyes.  
My kids will look down with a smile slowly creeping,  
And say with a groan, 'She's so sweet when she's sleeping!'

—Joanne Bailey Baxter

I learned that singing 'Amazing Grace' can lift my spirits for hours.

—*seniorresource.com*

Where does it say we have to ‘act’ our age? As long as it makes me happy and I’m not hurting anyone, I will act whatever age I want to!

—Internet Meme

Your happiness in retirement will be strongly correlated to your enjoyment of the activities you pursue.

—Dirk Cotton

I have lived eighty years of life and know nothing for it, but to be resigned and tell myself that flies are born to be eaten by spiders and man to be devoured by sorrow.

—Voltaire

There is no pleasure worth forgoing just for an extra three years in the geriatric ward.

—Lohn Mortimer

When grace is joined with wrinkles, it is adorable. There is an unspeakable dawn in happy old age.

—Victor Hugo

The habit of reading is the only one I know in which there is no alloy. It lasts when all other pleasures fade. It will be there to support you when all other resources are gone. It will be present to you when the energies of your body have fallen away from you. It will make your hours pleasant to you as long as you live.

—Anthony Trollope

Were I to pray for a taste which should stand me in good stead under every variety of circumstances and be a source of happiness and a cheerfulness to me during life and a shield against its ills, however things might go amiss and the world frown upon me, it would be a taste for reading.

—Sir John Herschel

If I had my life to live over again, I would have made a rule to read some poetry and listen to some music at least once a week; for perhaps the parts of my brain now atrophied would have thus been kept active through use. The loss of these tastes is a loss of happiness, and may possibly be injurious to the intellect, and more probably to the moral character, by enfeebling the emotional part of our nature.

—Charles Darwin

What researchers suggest is the secret to fulfillment: shifting away from ambition and acquisition and toward activities that have lasting and intrinsic worth, such as investing in important relationships and causes or hobbies that give joy and meaning to one's life.

—Barbara Bradley  
Hagerty

I learned that if you want to cheer yourself up, you should try cheering someone else up.

—*seniorresource.com*

The traditional view of aging: You're born, you peak at midlife, then you decline into age. That's an arc. But for most people, life is more of an upward evolution. Research suggests that older people feel happier and less hostile, and that life gets easier.

—Jane Fonda

I learned that if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you.

—*seniorresource.com*

Feel down about getting older? Wish your life was better? Worried about all the problems that come with age? A new survey suggests you need only wait: Many pessimistic feelings held by people earlier in life take an optimistic turn as they move toward old age. Even hallmark concerns of old age—about declining health, lack of independence and memory loss—lessen as Americans age....When asked to rate their quality of life, people noted an improvement as they moved from their 50s to their 60s and beyond. Among respondents 70 and older, two-thirds rated their life excellent or very good, compared with about half of 30-somethings.

—Matt Sedensky

The younger generation is less optimistic. Perhaps as they age they will build resilience and they build the capacity that will help them cope better....People often find in their later years a growing appreciation for facets of life they may have focused on less when they were younger, including spirituality and personal relationships. Fulfillment from those things can help bolster overall happiness, even in the face of potential physical decline.

—Dr. Zia Agha

The best place to be when you're sad is Grandpa's lap

—*seniorresource.com*

I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it.

—Frances Lear

The longer I live, the more beautiful life becomes.

—Frank Lloyd Wright

The happiest of all lives is a busy solitude.

--Voltaire

Sometimes our thoughts turn back toward a corner in a forest, or the end of a bank, or an orchard powdered with flowers, seen but a single time on some happy day, yet remaining in our hearts and leaving in soul and body an unappeased desire which is not to be forgotten, a feeling that we have just rubbed elbows with happiness.

--Guy de Maupassant

Until you give up the idea that happiness is somewhere else, it will never be where you are.

—Internet Meme

The only thing that could spoil a day was people. People were always the limiters of happiness, except for the very few that were as good as spring itself.

—Ernest Hemingway

The pleasures which we most rarely experience give us the greatest delight.

—Desiderius Erasmus

I am persuaded that those who quite sincerely attribute their sorrows to their views about the universe are putting the cart before the horse: the truth is they are unhappy for some reasons of which they are not aware, and this unhappiness leads them to dwell upon the less agreeable characteristics of the world in which they live.

—Bertrand Russell

Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.

—Grenville Kleiser

To find joy in work is to discover the fountain of youth.

—Pearl S. Buck

There is nothing which has yet been contrived by man, by which so much happiness is produced as by a good tavern.

—Samuel Johnson

## **9 THINGS TO GIVE UP IF YOU WANT TO BE HAPPY**

The need for approval

The need to impress others.

The need to always be right.

Dwelling on the past.

Resistance to change.

Negative self-talk.

Limiting beliefs.

Blaming others.

Complaining.

—*tinybuddha.com*

Agricultural life is one eminently calculated for human happiness and human virtue.

—Josiah Quincy

The way of cultivation is not easy. He who plants a garden plants happiness.

—Chinese Proverb

To own a bit of ground, to scratch it with a hoe, to plant seeds and watch their renewal of life—this is the commonest delight of the race, the most satisfactory thing a man can do.

--Charles Dudley Warner

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

— Denis Waitley

Life is not a laughing matter, but can you imagine having to live without laughing.  
—Leonid Sukhorukov

Tis true what Hemingway says--if we're lucky enough to live our dreams in youth, as Ernest Hemingway did in 1920's Paris and I did with the Beat poets, then youth's dreams become a moveable feast you take wherever you go--youthful love remains the repast plentiful; exquisite, substantive and good. You can live on happy memories. Eat of them forever.

--Alison Winfield Burns

There's no pleasure on earth that's worth sacrificing for the sake of an extra five years in the geriatric ward of the Sunset Old People's Home, Weston-Super-Mare.

—Horace Rumpole

All you need for happiness is a good gun, a good horse, and a good wife.

—Daniel Boone

What I was in Ireland, I saw all these women with platinum silver hair. There was something about them—they were all so beautiful. My friend said, 'It's because they haven't done anything to their faces. They look like a real 50-year-old or 60-year-old. They don't look plastic.' I say, you've earned that crease. If you got a laugh line, you've earned. It means you're really happy. I'm fine with creases.

—Octavia Spencer

When I see people who are happy and joyful and of a certain age, I know it's because they know the meaning of life. It's about how you spend your time. It's not about chasing things on life's treadmill. For me, it's about the people who are sitting around my table—my family, my nieces and nephews, my friends.

—Octavia Spencer

Every readable novel can give true pleasure. Every novel read by choice is read because it gives true pleasure.

--Ursula K. Le Guin

We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we've established for ourselves. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile.

—Earl Nightingale

One of the most adventurous things left us is to go to bed. For no one can lay a hand on our dreams.

—E. V. Lucas

One should guard against preaching to young people success in the customary form as the main aim in life. The most important motive for work in school and in life is pleasure in work, pleasure in its result, and the knowledge of the value of the result to the community.

—Albert Einstein

Know when your time is over. It's the only advice I have. Hell, I knew twenty-five years ago it wasn't going to last. Sooner or later, the demand won't be there, and you better get ready for it. I know actresses who go ape if they're not invited to a party. What the hell is that? I am content. Happiness is within yourself. Get ready for the dream to fade. So I'm no longer in demand, but so what? I see no reason to go into a decline or hit the bottle or sink into a melancholy depression. I've had my time and it was lovely. And I'm very grateful for it. But now I move over and make room for somebody else....What the hell. Whatever I had, it worked, didn't it?

--Barbara Stanwyck

Tell me. Given the choice, which would you prefer: happiness while your friends are in pain, or to share in their suffering?

—Sophocles

What leads to unhappiness, is making pleasure the chief aim.

—William Shenstone

A calm and modest life brings more happiness than the pursuit of success combined with constant restlessness.

—Albert Einstein

Happiness is an inside job. Don't assign anyone else that much power over your life.

—Internet Meme

If my heart can become pure and simple like that of a child, I think there probably can be no greater happiness than this.

—Kitaro Nishida

A woman whose smile is open and whose expression is glad has a kind of beauty no matter what she wears.

—Anne Roiphe

Happiness encompasses so many things. Relationships, including romance, parenting, friendship, work relationships. It's the body, which includes energy, exercise, and diet. It's all kinds of things related to health, such as mindfulness or spirituality. It's also about time efficiency. It's sort of limitless. The more I learn, the bigger it gets.

—Gretchen Rubin

That's the great paradox of living on this earth, that in the midst of great pain you can have great joy as well. If we didn't have those things we'd just be numb.

—Kathy Mattea

The secret of joy in work is contained in one word—excellence. To know how to do something well is to enjoy it.

--Pearl Buck

Even the media has a twisted image of reality. Magazines have photoshopped images of men and women models and celebrities on their covers. We are flooded with images of perfection and material things. Those influences can take over your mind, causing you to want to keep up with those celebrities on television and in magazines in any way possible. You cannot be happy if you constantly compete with others for public approval.

--Tisha Marie Payton

I can see the humorous side of things and enjoy the fun when it comes; but look where I will, there seems to me always more sadness than joy in life.

—Jerome K. Jerome

If a man is happy in America, it is considered he is doing something wrong.

—Clarence Darrow

Happiness is that state of consciousness which proceeds from the achievement of one's values.

—Ayn Rand

Many a man thinks he is buying pleasure, when he is really selling himself to it.

—Benjamin Franklin

To find out what one is fitted to do, and to secure an opportunity to do it, is the key to happiness.

—John Dewey

A face is too slight a foundation for happiness.

—Mary Wortley

The reason fat men are good natured is they can neither fight nor run.

—Theodore Roosevelt

What we have once enjoyed we can never lose. All that we love deeply becomes a part of us.

—Helen Keller

The man of the house can destroy the pleasure of the household, but he cannot make it. That rests with the woman, and it is her greatest privilege.

—Arthur Helps

There is no joy in life like the joy of sharing.

—Billy Graham

People assume that all sorts of positive events—a promotion, a wedding, a championship—will punch a ticket to permanent happiness. But no such ticket exists. All life is suffering, as Buddhists and Buffalo Bills fans will attest.

—Matt Hart

Happiness is good health and a bad memory.

—Ingrid Bergman

A great source of happiness is seeing someone you love experience joy.

—Frank J. Hanna

As we grow older, and hence wiser, we slowly realize that wearing a \$300 watch or a \$30.00 watch, they both tell the same time. Whether we carry a \$500 or a \$5.00 wallet—the money inside is the same. Whether we drink a bottle of \$500 champagne or \$5 wine—the hangover is the same. Whether the house we live in is 300 or 3000 sq. ft.—loneliness is the same. Whether you drive a \$1,000 hunk of junk or a \$100,000 Benz, they both serve the same purpose.

You will realize that your true happiness does not come from the material things from this world. It comes from spending our short time here living and laughing with the ones we love. Remember. Stay humble. We all end up in the same sized hole in the ground.

—Internet Meme

I don't see how you can respect yourself if you must look in the hearts and minds of others for your happiness.

—Hunter S. Thompson

Wit is the only wall between us and the dark.

—Mark Van Doren

None think the great unhappy, but the great.

—Edward Young

When you smile, those who see your smile, smile back, even if very briefly. And as they smile, they use facial muscles which trigger the release of neurochemicals in their brain associated with feelings of pleasure — and they are thus likely to feel happy in your company.

—Dr. Jessica Carbino

Stop looking for the right career, start looking for a job. Any job. Forget about what you like. Focus on what's available. Get yourself hired. Show up early. Stay late. Volunteer for the scut work. Become indispensable. You can always quit later, and be no worse off than you are today. And most of all, stop worrying about your happiness. Happiness does not come from a job. It comes from knowing what you truly value, and behaving in a way that's consistent with those beliefs.

—Mike Rowe

A youthful mind is seldom totally free from ambition; to curb that, is the first step to contentment, since to diminish expectation is to increase enjoyment.

—Frances Burney

That I can read and be happy while I am reading, is a great blessing.

--Anthony Trollope

Romance and novel paint beauty in colors more charming than nature, and describe a happiness that humans never taste. How deceptive and destructive are those pictures of consummate bliss!

—Oliver Goldsmith

The most certain sign of wisdom is cheerfulness.

—Michel de Montaigne

It is not the lack of love, but a lack of friendship that makes unhappy marriages.

—Friedrich Nietzsche

A sign you have a positive workplace culture is laughter. Just listen to how much laughter there is where you work. Laughter is a very good sign of positivity. You can work hard and still laugh and enjoy your workday more.

—Sam Glenn

With my eyes closed, I would touch a familiar book and draw its fragrance deep inside me. This was enough to make me happy.

--Haruki Murakami

The greatest pleasure I know is to do a good action by stealth and have it found out by accident.

—Charles Lamb

So much of our happiness depends on how we choose to look at the world.

—Internet Meme

Man falls from the pursuit of the ideal of plain living and high thinking the moment he wants to multiply his daily wants. Man's happiness really lies in contentment.

—Mohandas Gandhi

As men are not able to fight against death, misery, ignorance, they have taken it into their heads, in order to be happy, not to think of them at all.

—Blaise Pascal

With freedom, books, flowers, and the moon, who could not be happy?

—Oscar Wilde

The key ingredient to success, happiness and thriving at human connection boils down to the ability to be vulnerable. Essentially, the ability to be human.

—Renée Brown

When you've done it all, what then? When you've smoked all the crack, eaten all the chocolate, had all the sex, made all the money, and been on all the talk shows—where do you go next? Because there it is, squatting on the far side of adulation: nothingness. 'Celebrities,' the Buddhist scholar Robert Thurman once said, 'are in a very interesting position. They've already achieved great fame, success, and wealth, and they've realized that those things alone don't bring happiness; that, in fact, they can be a real pain in the neck.'

—James Parker

If you are not happy here and now, you never will be.

—Taisen Deshimaru

Nothing is pleasant that is not spiced with variety.

—Francis Bacon

The endless piles of genre fiction are the key to happiness. They're the key to picking out the things that actually make you happy in this world instead of the things that you're told are good for you. Ninety percent of everything you read is going to be crap one way or the other, so make sure it's the crap that makes you smile, and don't apologize for it.

—Steven Lloyd Wilson

True contentment depends not upon what we have; a tub was large enough for Diogenes, but a world was too little for Alexander.

—Charles Caleb Colton

Given the amount of unjust suffering and unhappiness in the world, I am deeply grateful for, sometimes even perplexed by, how much misery I have been spared.

—Dennis Prager

In an established love of reading there is a policy of insurance guaranteeing certain happiness till death.

—A. Edward Newton

Happiness is...getting to sleep in, and waking up to a quiet house, with no plans, and getting to linger over that first warm cup of coffee or tea...

—*womenafter50.com*

The secret of happiness is to admire without desiring.

—Carl Sandburg

EVERYBODY has problems! They may come in different shapes and sizes and degrees of difficulty, but everyone has issues. Actually, that's what life is—a series of problems to address and overcome. And, if you're not thrown by them, they can make life interesting. They can be an exciting challenge if you know how to tackle them. The happiest people and most successful people aren't the people without problems. They're the people who know how to solve their problems.

—Dan L. Miller

The truth was, you're happier when you're needed and stronger when you're loved.  
—Penelope Douglas

I suppose if I had to give a one-word answer to the question of why I read, that word would be pleasure. The kind of pleasure you can get from reading is like no other in the world.

—Wendy Lesser

In my happy moments I could not believe that I had ever been miserable.  
—Joanna Field

The key to happiness is having dreams; the key to success is making them come true.

—James Allen

McCartney may have made more people happy—gapingly, tinglingly, mind-cancelingly happy—than any other artist, alive or dead....Let us not be afraid of the way we love him. For more than 50 years he's been making us happy, giving us comfort, a genius who scoops tunes out of the air with his hands.

—James Parker

Happiness is when you feel good about yourself without feeling the need for anyone else's approval.

—*facebook.com/auntyacid*

Looking for happiness? Visit an Irish pub—any Irish pub.

—Dan L. Miller

The best kind of happiness is a habit you're passionate about.

—Shannon L. Alder

Be so happy that when others look at you they become happy too!

—Internet Meme

Create happiness if you cannot find it.

—Internet Meme

What is the most important thing in life? To be happy. If you're lucky enough, part of that is being a helpful spirit to the people you love. That's what takes you from day to day.

—Martin Short

HATE has 4 letters, so does LOVE.  
ENEMIES has 7 letters, so does FRIENDS.  
LYING has 5 letters, so does TRUTH..  
NEGATIVE has 8, so does POSITIVE.  
UNDER has 5, so does ABOVE.  
CRY has 3 letters, so does JOY.  
ANGER has 5 letters, so does HAPPY.  
RIGHT has 5 letters, so does WRONG.  
HURT has 4 letters, so does HEAL.

Be happy. Enjoy life.

It means Life is like a double edged sword...

So transform every negative side into an aura of positivity. energy..

We should choose the better side of life.

—Internet Meme

The pretty ones are usually unhappy. They expect everyone to be enamored of their beauty. How can a person be content when their happiness lies in someone else's hands, ready to be crushed at any moment? Ordinary-looking people are far superior, because they are forced to actually work hard to achieve their goals, instead of expecting people to fall all over themselves to help them.

—J. Cornell Miche

Love is the seed of every achievement and every happiness

—Debasish Mridha

The best success is defined by happiness not by achievement.

—Debasish Mridha

Find happiness by delivering it.

—Chris Murray

When I was a child, I thought grown-ups and teachers knew the truth, because they told me they did. It took years for me to discover that the first step in finding out the truth is to begin unlearning almost everything adults had taught me, and to start doing all the things they'd told me NOT to do. Their main pitch was that achievement equaled happiness, when all you had to do was study rock stars, or movie stars, or them, to see that they were mostly miserable. They were all running around in mazes like everyone else.

—Anne Lamott

Life only comes around once so do whatever makes you happy, and be with whoever makes you smile.

—*rawforbeauty.com*

Youth is happy because it has the capacity to see beauty. Anyone who keeps the ability to see beauty never grows old.

—Franz Kafka

What disturbs and depresses young people is the hunt for happiness on the firm assumption that it must be met with in life. From this arises constantly deluded hope and so also dissatisfaction. Deceptive images of a vague happiness hover before us in our dreams, and we search in vain for their original. Much would have been gained if, through timely advice and instruction, young people could have had eradicated from their minds the erroneous notion that the world has a great deal to offer them.

—Arthur Schopenhauer

It is an illusion that youth is happy, an illusion of those who have lost it; but the young know they are wretched for they are full of the truthless ideal which have been instilled into them, and each time they come in contact with the real, they are bruised and wounded.

—W. Somerset Maugham

There are two times in a person's life when there is the possibility of pure happiness: in youth and in summer.

—Brielle A. Marino

Joy is the fountain of youth.

—Amy Leigh Mercree

It is the loving that counts, not the being loved in return...true loving can never know anything but happiness.

—Dodie Smith

Chocolate causes certain endocrine glands to secrete hormones that affect your feelings and behavior by making you happy. Therefore, it counteracts depression, in turn reducing the stress of depression. Your stress-free life helps you maintain a youthful disposition, both physically and mentally. So, eat lots of chocolate!

--Elaine Sherman

You gotta look for the good in the bad. The happy in your sad. The gain in your pain. And what makes you grateful not hateful.

—Karen Salmansohn

I saw the gooseflesh on my skin. I did not know what made it. I was not cold. Had a ghost passed over? No, it was the poetry. A spark flew off [Matthew] Arnold and shook me, like a chill. I wanted to cry; I felt very odd. I had fallen into a new way of being happy.

—Sylvia Plath

In ancient China, the Taoists taught that a constant inner smile, a smile to oneself, insured health, happiness and longevity. Why? Smiling to yourself is like basking in love; you become your own best friend. Living with an inner smile is to live in harmony with yourself.

—Mantak Chia

Heaven would be a comfortable chair, a library, Diet Coke, and an occasional cheese pizza. Sex once in a while. No talking.

—Jayden Hunter

The biggest lie we're told is 'Be with someone who makes you happy.' The truth is, happiness is something you create on your own. Be with someone who adds to it.

—tinybuddha.com

Your kids don't need a perfect mom. They need a happy one.

—Internet Meme

Two principles for a happy life:

Use things, not people

Love people, not things.

—Internet Meme

Some people could be given an entire field of roses and only see the thorns in it. Others could be even a single weed and only see the wildflower in it. Perception is a key component to gratitude. And gratitude a key component to joy.

—Amy Weatherly

Happiness does have a smell...It's freshly cut hay, bonfires and crisp country air.

—Internet Meme