



# HAPPINESS IN PRACTICE

## What is Happiness?

*Happiness is many things to many people. For some it is that fleeting moment in the morning between waking from a restful sleep and listening to the early news broadcast. My Granny might have said that Happiness is waking up in the morning and realising that you have another chance. For me, Happiness is more about the thrill of riding Life's roller coaster: gasping at the panoramic highs, screaming at the sudden drops and making sure you've had your money's worth of adrenalin before you hit the station buffers at the end.*

*Many famous (and some infamous) people have had something to say about Happiness. This booklet is a fairly random collection of the quotes. Maybe you will spot some you like. Maybe you have a favourite, perhaps not included here. Or maybe you'd like to make up your own.*

*It would be good to share your opinions, wisdom and insights and you can respond at the Group's Discussion Forum at [www.HappinessUK.com/forum](http://www.HappinessUK.com/forum)*

*Whether you contribute or not, do enjoy this selection.*



**Ray Miller**

**August 2011**

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*

You can't change the past, and you can ruin a perfectly good present, by worrying about the future.  
*Anonymous*

Cut not the wings of your dreams, for they are the heartbeat and the freedom of your soul.

*Flavia*

A smile is a curve that sets everything straight.

*Anonymous*

Laughter is the shortest distance between two people

*Victor Borge*

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

*George Burns*



Happiness lies in the joy of achievement and the thrill of creative effort.

*Franklin D. Roosevelt*

## What is Happiness? - Quotes

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Nobody really cares if you're miserable, so you might as well be happy.

*Cynthia Nelms*

Wheresoever you go, go with all your heart.

*Confucious*

Be happy while you're living, for you're a lang time deid.

*Scottish proverb*

Celebrate the happiness that friends are always giving,  
make every day a holiday and celebrate just living.

*Amanda Bradley*

Happiness is like jam. You can't spread even a little without getting some on yourself.

*Anonymous*

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

*Epictetus*

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.

*Marcel Proust*

The happiness of life is made up of minute fractions - the little, soon-forgotten charities of a kiss or smile, a kind look or heartfelt compliment.

*Samuel Taylor Coleridge*

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

*William Saroyan*

The world is so full of a number of things,  
I'm sure we should all be as happy as kings

*A Child's Garden Of Verses*

What is the meaning of life? To be happy and useful.

*Tenzin Gyatso, 14th Dalai Lama*

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

*Marcus Aurelius*

The purpose of our lives is to be happy.

*Tenzin Gyatso, 14th Dalai Lama*

Those who won our independence valued liberty as an end and as a means. They believed liberty to be the secret of happiness and courage to be the secret of liberty.

*Louis D. Brandeis*

What would our world be like if we ceased to worry about "right" and "wrong," or "good" and "evil," and simply acted so as to maximize well-being, our own and that of others? Would we lose anything important?

*Sam Harris*



## What is Happiness? - Quotes

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As I go through all kinds of feelings and experiences in my journey through life -- delight, surprise, chagrin, dismay -- I hold this question as a guiding light: "What do I really need right now to be happy?" What I come to over and over again is that only qualities as vast and deep as love, connection and kindness will really make me happy in any sort of enduring way.

*Sharon Salzberg*

It doesn't matter how long we may have been stuck in a sense of our limitations. If we go into a darkened room and turn on the light, it doesn't matter if the room has been dark for a day, a week, or ten thousand years -- we turn on the light and it is illuminated. Once we control our capacity for love and happiness, the light has been turned on.

*Sharon Salzberg*

Ever since happiness heard your name, it has been running through the streets trying to find you.

Hafiz of Persia

No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change.

*Barbara de Angelis*

America has believed that in differentiation, not in uniformity, lies the path of progress. It acted on this belief; it has advanced human happiness, and it has prospered.

*Louis D. Brandeis*

My satisfaction comes from my commitment to advancing a better world.

*Faye Wattleton*



Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health.

*Julia Child*

I cannot believe that the purpose of life is to be "happy." I think the purpose of life is to be useful, to be responsible, to be compassionate. It is, above all, to matter and to count, to stand for something, to have made some difference that you lived at all.

*Leo C. Rosten*

[Peace] is the highest and most strenuous act of the soul, but an entirely harmonious act, in which all our powers and affections are blending in a beautiful proportion, and sustain and perfect one another. It is more than the silence after storms. It is as the concord of all melodious sounds ... an alliance of love with all beings, a sympathy with all that is pure and happy, a surrender of every separate will and interest, a participation of the spirit and life of the universe.... This is peace, and the true happiness of [humanity]

*William Ellery Channing*

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

*Albert Einstein*



Being happy is something you have to learn. I often surprise myself by saying "Wow, this is it. I guess I'm happy. I got a home I love. A career that I love. I'm even feeling more and more at peace with myself." If there's something else to happiness, let me know. I'm ambitious for that, too.

*Harrison Ford*

## What is Happiness? - Quotes

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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*

Joy can be real only if people look upon their life as a service, and have a definite object in life outside themselves and their personal happiness.

*Leo Tolstoy*

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, 14th Dalai Lama*

By engaging in a delusive quest for happiness, we bring only suffering upon ourselves. In our frantic search for something to quench our thirst, we overlook the water all around us and drive ourselves into exile from our own lives.

*Sharon Salzberg*

I never could be good when I was not happy.

*Julia Ward Howe*

The greatest happiness is to transform one's feelings into action.

*Madame de Stael*

Each morning when I open my eyes I say to myself: 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*



No pleasure is comparable to the standing upon the vantage-ground of truth.

*Francis Bacon*

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

*Samuel Johnson*

Knowledge of what is possible is the beginning of happiness.

*George Santayana*

Optimist: Person who travels on nothing from nowhere to happiness.

*Mark Twain*

If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes.

*Andrew Carnegie*

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

*Abraham Lincoln*



The amount of happiness that you have depends on the amount of freedom you have in your heart.

*Thich Nhat Hanh*

## What is Happiness? - Quotes

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Everything is material for the seed of happiness, if you look into it with inquisitiveness and curiosity. The future is completely open, and we are writing it moment to moment. There always is the potential to create an environment of blame -- or one that is conducive to loving-kindness.

*Pema Chodron*

It is a great mitzvah to be happy always.

*Rebbe Nachman of Breslov*

Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

*Ralph Waldo Emerson*

There is neither happiness nor misery in the world; there is only the comparison of one state to another, nothing more. He who has felt the deepest grief is best able to experience supreme happiness. We must have felt what it is to die, that we may appreciate the enjoyments of life.

*Alexandre Dumas*

My life has no purpose, no direction, no aim, no meaning, and yet I'm happy. I can't figure it out. What am I doing right?

*Charles Schulz*



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

*Linus Pauling*

The modern fairy tale ending is the reverse of the traditional one: A woman does not wait for Prince Charming to bring her happiness; she lives happily ever after only by refusing to wait for him -- or by actually rejecting him. It is those who persist in hoping for a Prince Charming who are setting themselves up for disillusionment and unhappiness.

*Susan Faludi*

It is an illusion that youth is happy, an illusion of those who have lost it.

*W. Somerset Maugham*

One should never direct people towards happiness, because happiness too is an idol of the market-place. One should direct them towards mutual affection. A beast gnawing at its prey can be happy too, but only human beings can feel affection for each other, and this is the highest achievement they can aspire to.

*Aleksandr Solzhenitsyn*

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*



All men have a sweetness in their life. That is what helps them go on. It is towards that they turn when they feel too worn out.

*Albert Camus*

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.

*Robert Muller*

What everyone wants from life is continuous and genuine happiness.

*Baruch Spinoza*

## What is Happiness? - Quotes

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Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy -- because we will always want to have something else or something more.

*David Steindl-Rast*

The basic thing is that everyone wants happiness, no one wants suffering. And happiness mainly comes from our own attitude, rather than from external factors. If your own mental attitude is correct, even if you remain in a hostile atmosphere, you feel happy.

*Tenzin Gyatso, 14th Dalai Lama*

But what is happiness except the simple harmony between a man and the life he leads?

*Albert Camus*

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*

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

*Ella Wheeler Wilcox*

I can think of nothing less pleasurable than a life devoted to pleasure.

*John D. Rockefeller*



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

*C. P. Snow*

The truth which has made us free will in the end make us glad also.

*Felix Adler*

Happiness comes when your work and words are of benefit to yourself and others.

*Buddha*

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

*Edith Wharton*

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 fellow and then for ourselves.

*Helen Keller*

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.

*Marcel Proust*

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

*M. Scott Peck*

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

*Tenzin Gyatso, 14th Dalai Lama*

## What is Happiness? - Quotes

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

*Robert Louis Stevenson*

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

*James M. Barrie*

Happiness, it seems to me, consists of two things: first, in being where you belong, and second -- and best -- in comfortably going through everyday life, that is, having had a good night's sleep and not being hurt by new shoes.

*Theodor Fontane*

Happiness often sneaks in through a door you didn't know you left open.

*John Barrymore*

Growth itself contains the germ of happiness.

*Pearl S. Buck*

What we call the secret of happiness is no more a secret than our willingness to choose life.

*Leo Buscaglia*

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

*Anne Frank*

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 best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature.

*Anne Frank*

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

*Albert Schweitzer*

People spend a lifetime searching for happiness; looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within.

*Ramona L. Anderson*

Unhappiness is best defined as the difference between our talents and our expectations.

*Edward de Bono*

The world has to learn that the actual pleasure derived from material things is of rather low quality on the whole and less even in quantity than it looks to those who have not tried it.

*Oliver Wendell Holmes*

You can never get enough of what you don't need to make you happy.

*Eric Hoffer*



## What is Happiness? - Quotes

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

*James Oppenheim*

I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.

*Albert Schweitzer*

There are as many nights as days, and the one is just as long as the other in the year's course. 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. It is far better take things as they come along with patience and equanimity.

*Carl Jung*

Independence is happiness.

*Susan B. Anthony*

Sanity and happiness are an impossible combination.

*Mark Twain*

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

*Franklin D. Roosevelt*



The most I can do for my friend is simply to be his friend. I have no wealth to bestow on him. If he knows that I am happy in loving him, he will want no other reward. Is not friendship divine in this?

*Henry David Thoreau*

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

*Mohandas K. Gandhi*

Happiness is a Swedish sunset -- it is there for all, but most of us look the other way and lose it.

*Mark Twain*

Many people 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*

The perfection of wisdom, and the end of true philosophy is to proportion our wants to our possessions, our ambitions to our capacities, we will then be a happy and a virtuous people.

*Mark Twain*

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

*Benjamin Disraeli*

The true way to render ourselves happy is to love our work and find in it our pleasure.

*Francoise de Motteville*

Happiness is nothing more than good health and a bad memory.

*Albert Schweitzer*

The greatest part of our happiness depends on our dispositions, not our circumstances.

*Martha Washington*

## What is Happiness? - Quotes

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Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give.

*Norman MacEwan*

When you have once seen the glow of happiness on the face of a beloved person, you know that a man can have no vocation but to awaken that light on the faces surrounding him; and you are torn by the thought of the unhappiness and night you cast, by the mere fact of living, in the hearts you encounter.

*Albert Camus*

You don't develop courage by being happy in your relationships everyday. You develop it by surviving difficult times and challenging adversity.

*Barbara De Angelis*

Love is a condition in which the happiness of another person is essential to your own.

*Robert Heinlein*

Wisdom is the supreme part of happiness.

*Sophocles*

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

*George Sand*



The mind is its own place, and in itself, can make heaven of Hell, and a hell of Heaven.

*John Milton*

The happiness that is genuinely satisfying is accompanied by the fullest exercise of our faculties and the fullest realization of the world in which we live.

*Bertrand Russell*

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

*Thich Nhat Hanh*

That man is richest whose pleasures are cheapest.

*Henry David Thoreau*

Remember that as a teenager you are in the last stage of your life when you will be happy to hear the phone is for you.

*Fran Leibowitz*

All seasons are beautiful for the person who carries happiness within.

*Horace Friess*

To fill the hour -- that is happiness.

*Ralph Waldo Emerson*

The Grand essentials of happiness are: something to do, something to love, and something to hope for.

*Allan K. Chalmers*

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared.

*Buddha*



## What is Happiness? - Quotes

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I don't know why we are here, but I'm pretty sure that it is not in order to enjoy ourselves.

*Ludwig Wittgenstein*

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.

*Albert Camus*

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

*Margaret Bonnano*

Whoever is happy will make others happy, too.

*Mark Twain*



Consider the following. We humans are social beings. We come into the world as the result of others' actions. We survive here in dependence on others. Whether we like it or not, there is hardly a moment of our lives when we do not benefit from others' activities. For this reason it is hardly surprising that most of our happiness arises in the context of our relationships with others.

*Tenzin Gyatso, 14th Dalai Lama*

The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself.

*Author unknown, commonly attributed to Benjamin Franklin*

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

*Jacques Prévert*

If you want to be happy, be.

*Leo Tolstoy*

Happiness belongs to the self-sufficient

*Aristotle*

Happiness is never stopping to think if you are.

*Palmer Sondreal*



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

*Mark Twain*

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

*Edith Wharton*

Most people would rather be certain they're miserable, than risk being happy.

*Robert Anthony*

Happiness is excitement that has found a settling down place. But there is always a little corner that keeps flapping around.

*E.L. Konigsburg*

Nobody really cares if you're miserable, so you might as well be happy.

*Cynthia Nelms*

It's pretty hard to tell what does bring happiness. Poverty and wealth have both failed.

*Frank McKinney "Kin" Hubbard*

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## What is Happiness? - Quotes

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Happiness is always a by-product. It is probably a matter of temperament, and for anything I know it may be glandular. But it is not something that can be demanded from life, and 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*

Those who can laugh without cause have either found the true meaning of happiness or have gone stark raving mad.

*Norm Papernick*

Man is fond of counting his troubles, but he does not count his joys. If he counted them up as he ought to, he would see that every lot has enough happiness provided for it.

*Fyodor Dostoevsky*

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

*Colette*

"Well," said Pooh, "what I like best," and then he had to stop and think. Because although Eating Honey was a very good thing to do, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called.

*A.A. Milne*



People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.

*H. Jackson Browne*

Happiness and sadness run parallel to each other. When one takes a rest, the other one tends to take up the slack.

*Hazelmarie Elliott ("Mattie")*

Often people attempt to live their lives backwards; they try to have more things, or more money, in order to do more of what they want, so they will be happier. The way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want.

*Margaret Young*

Indeed, man wishes to be happy even when he so lives as to make happiness impossible.

*St. Augustine*

Can anything be so elegant as to have few wants, and to serve them one's self?

*Ralph Waldo Emerson*

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, Afterthoughts, 1931*

This is my "depressed stance." When you're depressed, it makes a lot of difference how you stand. The worst thing you can do is straighten up and hold your head high because then you'll start to feel better.

If you're going to get any joy out of being depressed, you've got to stand like this.

*Charlie Brown*

We tend to forget that 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*

## What is Happiness? - Quotes

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Pleasure is spread through the earth  
In stray gifts to be claimed by whoever shall find.  
*William Wordsworth, 1806*

Most folks are about as happy as they make up their minds to be.  
*Abraham Lincoln*

Happiness is a direction, not a place.  
*Sydney J. Harris*

Happiness is a form of courage.  
*Holbrook Jackson*

We must laugh before we are happy, for fear of dying without having laughed at all.  
*Jean de La Bruyere*

Tranquil pleasures last the longest; we are not fitted to bear the burden of great joys.  
*Christian Nestell Bovee*

Every now and then,  
when the world sits just right,  
a gentle breath of heaven  
fills my soul with delight...  
*Hazelmarie 'Mattie' Elliott, A Breath of Heaven*

It's never too late to have a happy childhood.  
*Berke Breathed*

The secret to happiness is to put the burden of proof on unhappiness.  
*Robert Brault, www.robertbrault.com*

Happiness is not a goal; it is a by-product.  
*Eleanor Roosevelt*

A truly happy person is one who can enjoy the scenery while on a detour.  
*Author Unknown*

Happiness held is the seed; happiness shared is the flower.  
*Author Unknown*

There is no cosmetic for beauty like happiness.  
*Lady Blessington*

The best vitamin to be a happy person is B1.  
*Author Unknown*



If you want others to be happy, practice compassion. If you want to be happy, practice compassion.  
*Dalai Lama*

Is it not clear, however, that bliss and envy are the numerator and denominator of the fraction called happiness?  
*Yevgeny Zamyatin*

## What is Happiness? - Quotes

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

*Bernard de Fontenelle*

There are some days when I think I'm going to die from an overdose of satisfaction.

*Salvador Dali*

Happiness is not an ideal of reason, but of imagination.

*Immanuel Kant*

A happy thought is like a seed that sows positivity for all to reap.

*Miriam Muhammad*

Man must search for what is right, and let happiness come on its own.

*Johann Pestalozzi*

He is rich or poor according to what he is, not according to what he has.

*Henry Ward Beecher*

If you search the world for happiness, you may find it in the end, for the world is round and will lead you back to your door.

*Robert Brault, www.robertbrault.com*

Just as a cautious businessman avoids investing all his capital in one concern, so wisdom would probably admonish us also not to anticipate all our happiness from one quarter alone.

*Sigmund Freud*

The only way to avoid being miserable is not to have enough leisure to wonder whether you are happy or not.

*George Bernard Shaw*

Real elation is when you feel you could touch a star without standing on tiptoe.

*Doug Larson*

The secret of happiness is to find a congenial monotony.

*V.S. Pritchett*

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

*Walter Savage Landor*

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

*Eric Hoffer, The Passionate State of Mind, 1954*

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.

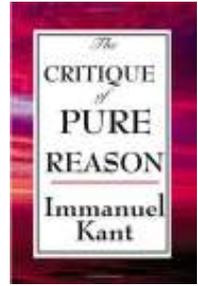
*Bertrand Russell*

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

*Doug Larson*

My crown is called content, a crown that seldom kings enjoy.

*William Shakespeare*



## What is Happiness? - Quotes

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What I'm looking for is a blessing that's not in disguise.

*Kitty O'Neill Collins*



She thinks that happiness is a mat that sits on her doorway.

*Rob Thomas, "3 A.M."*

Isn't it cool when the days that are supposed to feel good, actually do?

*Jim Carrey*

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

*John Stuart Mill, Autobiography, 1873*

How simple it is to see that we can only be happy now, and there will never be a time when it is not now.

*Gerald Jampolsky*

We are seldom happy with what we now have, but would go to pieces if we lost any part of it.

*Mignon McLaughlin, The Neurotic's Notebook, 1960*

The happiness which is lacking makes one think even the happiness one has unbearable.

*Joseph Roux*

The search for happiness is unlike any other search, for we search last in the likeliest places.

*Robert Brault, www.robertbrault.com*

As people spin faster and faster in the pursuit of merely personal happiness, they become exhausted in the futile effort of chasing themselves.

*Andrew Delbanco*

Happiness is the feeling you're feeling when you want to keep feeling it.

*Author Unknown*

Joy is a flower that blooms when you do.

*Author Unknown*

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

*Booth Tarkington*

Jumping for joy is good exercise.

*Author Unknown*



Happiness is distraction from the human tragedy.

*J.M. Reinoso*

Seeking happiness, I passed many travelers headed in the opposite direction, seeking happiness.

*Robert Brault, www.robertbrault.com*

Happiness is a by-product of an effort to make someone else happy.

*Gretta Brooker Palmer*

Happiness is a way station between too little and too much.

*Channing Pollock, Mr. Moneypenny*

## What is Happiness? - Quotes

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The happy have whole days,  
and those they choose.  
The unhappy have but hours,  
and those they lose.  
*Colley Cibber*



Happiness is usually attributed by adults to children, and by children to adults.  
*Thomas Szasz*

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 L. Morgan*

Happiness is a matter of one's most ordinary and everyday mode of consciousness being busy and lively and unconcerned with self.  
*Iris Murdoch*

When neither their property nor their honor is touched, the majority of men live content.  
*Niccolo Machiavelli*

You cannot always have happiness, but you can always give happiness.  
*Author Unknown*

The happiness of most people is not ruined by great catastrophes or fatal errors, but by the repetition of slowly destructive little things.  
*Ernest Dimmet*

One joy scatters a hundred griefs.  
*Chinese Proverb*

We have no more right to consume happiness without producing it than to consume wealth without producing it.  
*George Bernard Shaw, Candida, 1898*

One should be either sad or joyful. Contentment is a warm sty for eaters and sleepers.  
*Eugene O'Neill*

A man's as miserable as he thinks he is.  
*Seneca*

Misery is almost always the result of thinking.  
*Joseph Joubert*



My advice to you is not to inquire why or whither, but just enjoy your ice cream while it's on your plate.  
*Thornton Wilder*

Be happy. It's one way of being wise.  
*Colette*

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

## What is Happiness? - Quotes

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Precisely the least, the softest, lightest, a lizard's rustling, a breath, a flash, a moment - a little makes the way of the best happiness.

*Frederich Nietzsche, Thus Spake Zarathustra*

People don't notice whether it's winter or summer when they're happy.

*Anton Chekhov*

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

*Douglas Jerrold*

Unhappiness is not knowing what we want and killing ourselves to get it.

*Don Herold*

If you are not happy here and now, you never will be.

*Taisen Deshimaru*

It is strange what a contempt men have for the joys that are offered them freely.

*Georges Duhamel*

The fact is always obvious much too late, but the most singular difference between happiness and joy is that happiness is a solid and joy a liquid.

*J.D. Salinger*

There is no expert on what happiness is but many on what it might have been.

Robert Brault, [www.robertbrault.com](http://www.robertbrault.com)

Eden is that old-fashioned house we dwell in every day

Without suspecting our abode until we drive away.

*Emily Dickinson*

Happiness is a function of accepting what is.

*Werner Erhard*

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*

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

*John Stuart Mill, Utilitarianism, 1863*

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

*Joseph Addison*

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

*Samuel Johnson*

In order to have great happiness you have to have great pain and unhappiness - otherwise how would you know when you're happy?

*Leslie Caron*



## What is Happiness? - Quotes

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

*Freya Stark, The Journey's Echo*

Enjoy the little things, for one day you may look back and realize they were the big things.

*Robert Brault, www.robertbrault.com*

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

*William R. Inge*

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

*Albert Camus, The Fall, 1956*

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

*Mahatma Gandhi*

When you're really happy, the birds chirp and the sun shines even on cold dark winter nights - and flowers will bloom on a barren land.

*Terri Guillemets*

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*

Happiness is like the penny candy of our youth: we got a lot more for our money back when we had no money.

*Mignon McLaughlin, The Neurotic's Notebook, 1960*

Happiness is the interval between periods of unhappiness.

*Don Marquis*

If someone loves a flower of which just one example exists among all the millions and millions of stars, that's enough to make him happy when he looks at the stars.

*Antoine de Saint-Exupéry, The Little Prince, 1943, translated from French by Richard Howard*

Now and then it's good to pause in our pursuit of happiness and just be happy.

*Robert Brault, www.robertbrault.com*

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

*Sophocles*

Many things can make you miserable for weeks; few can bring you a whole day of happiness.

*Mignon McLaughlin, The Neurotic's Notebook, 1960*

Real happiness is cheap enough, yet how dearly we pay for its counterfeit.

*Hosea Ballou*

To be obliged to beg our daily happiness from others bespeaks a more lamentable poverty than that of him who begs his daily bread.

*Charles Caleb Colton*

Some pursue happiness, others create it.

*Author Unknown*



## What is Happiness? - Quotes

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Happiness consists more in conveniences of pleasure that occur everyday than in great pieces of good fortune that happen but seldom.

*Benjamin Franklin*

Looking back on a happy life, one realizes that one was not happy all the time.

*Robert Brault, www.robertbrault.com*

The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things.

*Epicetetus*

Gather the crumbs of happiness and they will make you a loaf of contentment.

*Author Unknown*

Give a man health and a course to steer, and he'll never stop to trouble about whether he's happy or not.

*George Bernard Shaw*

Happiness is the natural flower of duty.

*Phillips Brooks*

Happiness is not being pained in body or troubled in mind.

*Thomas Jefferson*



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

*Charles Kingsley*

You need to learn to be happy by nature, because you'll seldom have the chance to be happy by circumstance.

*Lavetta Sue Wegman*

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 not be striving for it as a goal in itself. He will have become aware that he is happy in the course of living life twenty-four crowded hours of the day.

*W. Beran Wolfe*

Happiness is the resultant of the relative strengths of positive and negative feelings rather than an absolute amount of one or the other.

*Norman Bradburn*

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

*Josh Billings*

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*

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

*Johnny Carson*

## What is Happiness? - Quotes

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It is not happiness until you capture it and store it out of the reach of time.

*Robert Brault, www.robertbrault.com*

I am a kind of paranoiac in reverse. I suspect people of plotting to make me happy.

*J.D. Salinger*

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

*François Duc de La Rochefoucauld*

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.

*Marcel Proust*

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

*Author Unknown*

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

*Bertrand Russell, The Conquest of Happiness*

Happiness is a conscious choice, not an automatic response.

*Mildred Barthel*

[U]sefulness is happiness, and all other things are but incidental.

*Lydia Maria Child, The American Frugal Housewife, 1829*

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

*Robert Frost*



The best way for a person to have happy thoughts is to count his blessings and not his cash.

*Author Unknown*

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

*Margaret Lee Runbeck*

Many people are extremely happy, but are absolutely worthless to society.

*Charles Gow*

All of us have had the experience of a sudden joy that came when nothing in the world had forewarned us of its coming - a joy so thrilling that if it was born of misery we remembered even the misery with tenderness.

*Antoine de Saint-Exupéry, Wind, Sand and Stars, 1939, translated from French by Lewis Galantière*

Most of us believe in trying to make other people happy only if they can be happy in ways which we approve.

*Robert S. Lynd*

I have diligently numbered the days of pure and genuine happiness which have fallen to my lot: they amount to fourteen.

*Abd-El-Raham*

Happiness: an agreeable sensation arising from contemplating the misery of another.

*Ambrose Bierce, The Devil's Dictionary*

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