

# Happiness

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

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 Russel*

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

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

Contempt for happiness is usually contempt for other people's happiness and is an elegant disguise for hatred of the human race.  
*Bertrand Russel*

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

I do not understand what a man who is happy wants in order to be happier.  
*Cicero*

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

Now happiness consists of activity,  
Such is the constitution of our nature;  
It is a running stream, and not a stagnant pool.  
*J.M.Goud*

Happiness is something men ought to pursue, although they seldom do.  
*George Santayana*

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

During his lifetime, an individual should devote his efforts to create happiness and to enjoy it, and also to keep it in society so that individuals of the future may enjoy it also  
*Chen Tu-Hsui*

Happiness is not found in the reward but in honourable effort.

"You should do something every day to make other people happy," one person said to another, "even if it's only to leave them alone."

To be happy at home is the ultimate result of all ambition.  
*Samuel Johnson*

Folks are generally as happy as they make up their minds to be.  
*Abraham Lincoln*

The happiness of life depends on the character of your thoughts.  
*Marcus Aurelius*

Some people bring happiness wherever they go; others whenever they go.

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

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*

*Rules for Happiness*  
Something to do  
Someone to love  
Something to hope for  
*Kant*

Happiness is not the end of life; character is.  
*Henry Ward Beecher*

Happiness is in the heart, not in the circumstances.

An effort made for the happiness of others lifts us above ourselves. Happiness isn't so much a matter of position as it is of disposition. Many a train of thought is just a string of empties.

The days that make us happy make us wise.  
*John Masefield*

Many persons have the wrong idea about what constitutes true happiness. It is not attained through self-gratifications, but through fidelity to a worthy purpose.  
*Helen Keller*

Happiness consists in being happy with what we have got and with what we haven't got.  
*Charles Spurgeon*

You cannot build your happiness on someone else's unhappiness.

After all, it is not what is around us, but what is in us; not what we have, but what we are that makes us really happy.  
*Geike*

God evidently does not intend us all to be rich, or powerful, or great, but he does intend us all to be happy.  
*Emerson*

If you make children happy now, you will make them happy twenty years hence by the memory of it.  
*Kate Douglas Wiggin*

Happiness can only be built on virtue, and must of necessity have truth for its foundation.  
*Coleridge*

No human being can come into this world without increasing or diminishing the sum total of human happiness.  
*Elihu Burrett*

Happiness has no reason. It is not to be found in the facts of our lives, but in the colour of the light by which we look at the facts.

Society is so interwoven that no individual can attain happiness alone.

It is the counterfeit of happiness that costs the most.

True happiness comes from knowledge that we are of some use in this world.

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

Happiness is good health and a bad memory  
*Ingrid Bergman*