



A Little Book of

# Happiness



RUSKIN  
BOND

**Ruskin Bond** is the author of numerous novellas, short-story collections and non-fiction books, many of them classics. Among them are *The Room on the Roof*, *A Flight of Pigeons*, *The Night Train at Deoli*, *Time Stops at Shamli*, *Landour Days*, *Rain in the Mountains*, *A Book of Simple Living* and *Friends in Wild Places*. He received the Sahitya Akademi Award in 1993, the Padma Shri in 1999 and the Padma Bhushan in 2014. He lives in Landour, Mussoorie, with his extended family.

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*Happiness*

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# Introduction

Last Saturday, when I was autographing books at the local bookshop, a young college student asked me, ‘What is the secret of happiness?’

At first I couldn’t think of an answer, except to say, ‘It’s no secret. Happiness is right next to you’—with particular reference to the pretty girl who accompanied him.

But thinking about it now, I suppose happiness means different things to different people.

Beena is happiest in her pooja room, or when she is on the phone talking to her children—Siddharth in New Delhi, Shrishti in Bhubaneswar, Gautam in Dehradun.

Rakesh is happy behind the wheel of his car; the last place where I would be happy, having once driven through a garden wall in Friends Colony, New Delhi.

Nor am I happy on a motor-cycle, which is where Siddharth likes to be happy. And you won’t find me in the Beauty Parlour, frequented by Shrishti when she’s home on holiday.

Some people are miserable when it’s raining heavily and they can’t go shopping. I’m quite happy on a rainy day because then I can curl up on a sofa, visit Blandings Castle with P.G. Wodehouse, enjoy a village cricket match with Mr Pickwick and his Dickensian friends, or go rowing on the Thames with Jerome K. Jerome’s three men and a dog. A good book on a rainy day is happiness for me.

As a writer I am also happy when I have completed a story or poem or essay and feel pleased with it. On the other hand, failed creations make me unhappy and I don’t like leaving anything unfinished. If I am not happy with something I have written, it goes into the waste-paper basket.

We all have to do something in life, and if our occupation or vocation or profession

gives us pleasure, well, that's happiness.

So choose well, my friend. Before you launch out on the journey of life, make sure that the career or lifestyle that you have chosen is something that you really want to follow.

And may some of the words in this little book help you to realize your dreams.

Ruskin Bond  
April, 2016

To find happiness,  
look halfway between  
too little and too much.



‘Happiness is as good as food.’  
—An African proverb



‘One joy scatters a hundred  
griefs.’

—Anonymous



Having bumbled through  
eighty years without permanent  
injury, I am no wiser than  
an old cabbage! I only know  
that for the most part I have  
followed instinct rather than  
intelligence, and this has resulted  
in a modicum of happiness. Life  
hasn't been a bed of roses. And  
yet, quite often, I've had roses  
out of season.



Happiness is not waiting to be  
found; there's no use looking for  
it. All we need to do is to find  
the barriers within ourselves that  
we have built against it. Trust—  
in people, in life—is a good way  
to begin.



'Why not seize the pleasure at  
once? How often is happiness  
destroyed by preparation, foolish  
preparation!'

—Jane Austen



I come upon my friend Pitamber  
dancing on the road one night.



‘Why are you dancing in the  
middle of the road?’ I ask.  
‘Because I am happy,’ he says.  
‘And why are you so happy?’  
He looks at me as if I am a fool.  
‘Because I am dancing in the  
middle of the road,’ he says.



Feeling down and out? Lift up  
your head and shout—‘It’s a  
great day!’



Happiness is a matter of  
temperament rather than  
circumstance. To take life lightly  
and in good humour is to get  
the most out of it.



Whether by accident or design,  
we are here.

Let’s make the most of it,  
my friend.

Make happiness our pursuit,  
Spread a little sunshine  
here and there.

Enjoy the flowers, the breeze,  
Rivers, sea and sky,

Mountains and tall waving trees.

Greet the children passing by,  
Talk to the old folk,  
be kind, my friend.

Hold on in times of pain  
and strife;

Until death comes, all is life.



Happiness is as elusive as  
a butterfly, and we must never  
pursue it. If we stay very still,  
it may come and settle on our  
hand. But only briefly. We must  
learn to savour the moment.



‘We must be willing to let go of  
the life we have planned,  
so as to have the life that is  
waiting for us.’  
—*E.M. Forster*



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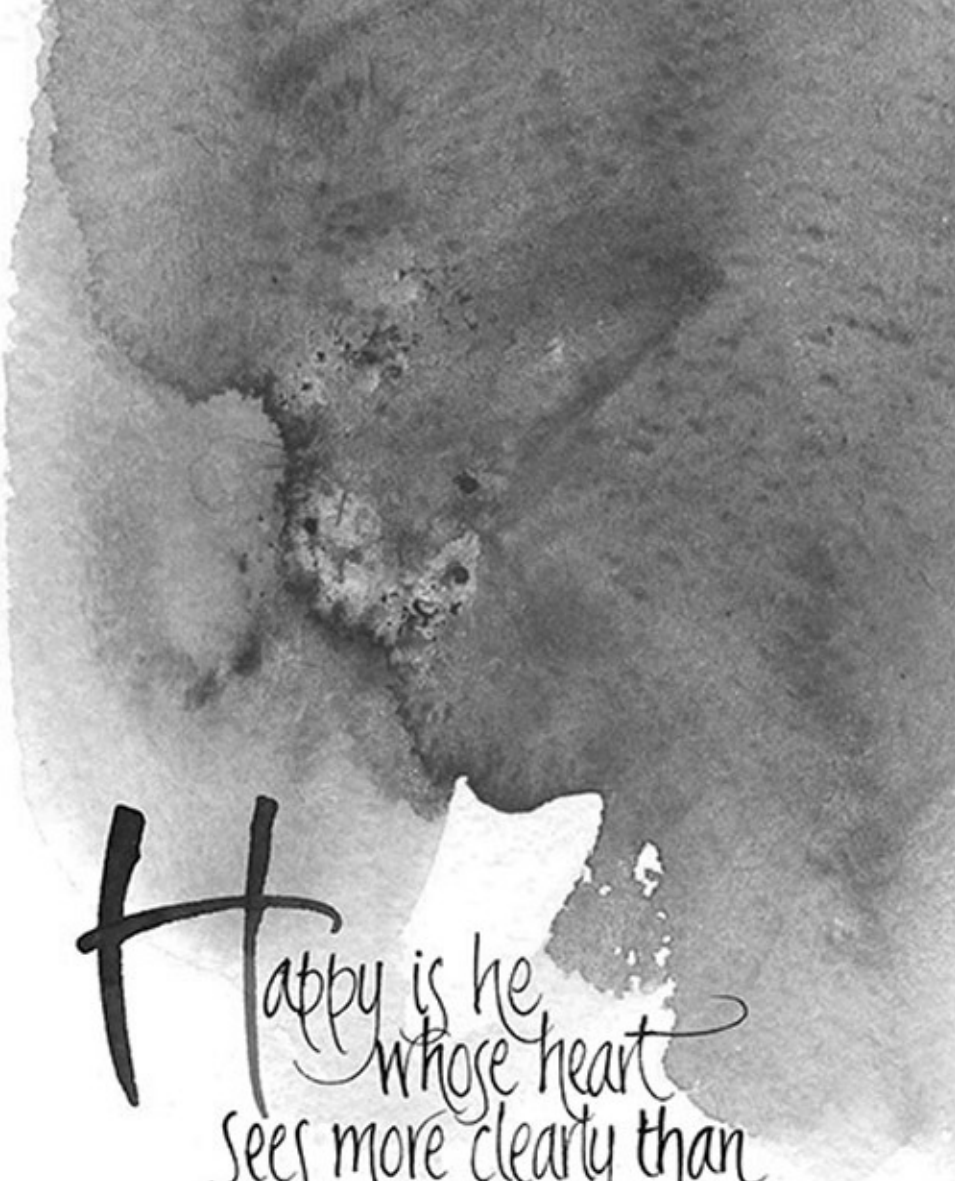
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Happy is he  
whose heart  
sees more clearly than  
his eyes.

Expect good, and good will  
come.



To be happy, you must have

compassion—not only for the  
world, but also for yourself.

And you should know that  
contentment is easier to attain  
than happiness, and that  
it is enough.



For all its hardships and  
complications, life is simple,  
and a nature that doesn't sue for  
happiness often receives it in  
large measure.



‘That man is happiest who  
lives from day to day and asks  
no more, garnering the simple  
goodness of life.’

—*Euripides*



‘Be happy. It's one way of  
being wise.’

—*Colette*



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

—*Bertrand Russell*





The first condition of happiness  
is that a man must find joy  
in his work.



I have yet to meet a neurotic  
carpenter or stonemason or  
clay-worker or master craftsman  
of any kind. Those who fashion  
beautiful things with their hands  
are usually well-balanced people.



The fewer your desires, the  
greater your happiness.



‘If a straw can tickle a man, it is  
an instrument of happiness.’

—*John Dryden*



There is no happiness without  
love. And to find love you don’t  
go looking for it; you only need  
to open the doors and windows  
to your heart. And if the love  
does not last, there will be  
memories to keep you warm on  
cold and gloomy days.



The wind carries the muted  
sound of conversation, the  
hillside rings with laughter.  
There's a celebration somewhere.  
From a distance, these are good  
sounds on a cold and silent  
night. The thought of happy  
people in the neighbourhood  
puts me in a good mood.



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If more of us valued  
food and cheer  
and song above  
hoarded gold,  
it would be a merrier world.

— J.R.R. Tolkien

Into the woods on an October  
afternoon. I lie in the sun, on  
sweet-smelling grass, and gaze  
up through a pattern of oak  
leaves into a blinding blue  
heaven. And I praise god for  
leaves and grass and the smell of  
things—the smell of mint and  
bruised clover—and the touch of  
things—the touch of grass and  
air and the sky's blueness.



This morning I was pondering  
on the absence of a philosophy  
or religious outlook in my  
make-up, and feeling a little low  
because it was cloudy and dark  
outside. Then the clouds broke  
up and the sun came out and  
almost immediately I felt an  
uplift of spirit. No philosophy  
would be of use to a person so  
susceptible to changes in light  
and shade. No philosophy  
would be necessary.



‘The happiness of your life  
depends upon the quality of  
your thoughts.’  
—*Marcus Aurelius*



‘If you don’t have horns you are  
not a bull, and if you are not



warm and friendly you  
can't be happy.'  
—*A Bhutanese proverb*



'All suffering there is in the world  
comes from desiring only myself  
to be happy.'  
—*Shantideva*



'Some day you will find out that  
there is far more happiness in  
another's happiness than  
in your own.'  
—*Honoré de Balzac*



Grow a garden, or some leaves  
and flowers in old tin cans or  
plastic buckets. Water each plant  
every morning, giving it your full  
attention. Stand back and watch  
the water sparkling on leaf and  
petal, and you are ready to face  
the stormiest of days.



Among the Turks there is  
a saying: Patience attracts  
happiness; it brings near  
that which is far.



And among the Masais there is  
this belief: Happy is he whose  
own faults prevent him from  
castigating the faults of others.



If we have never been unhappy,  
how will we know when  
happiness comes?



Two things make life worth  
living: a good joke and a good  
digestion.



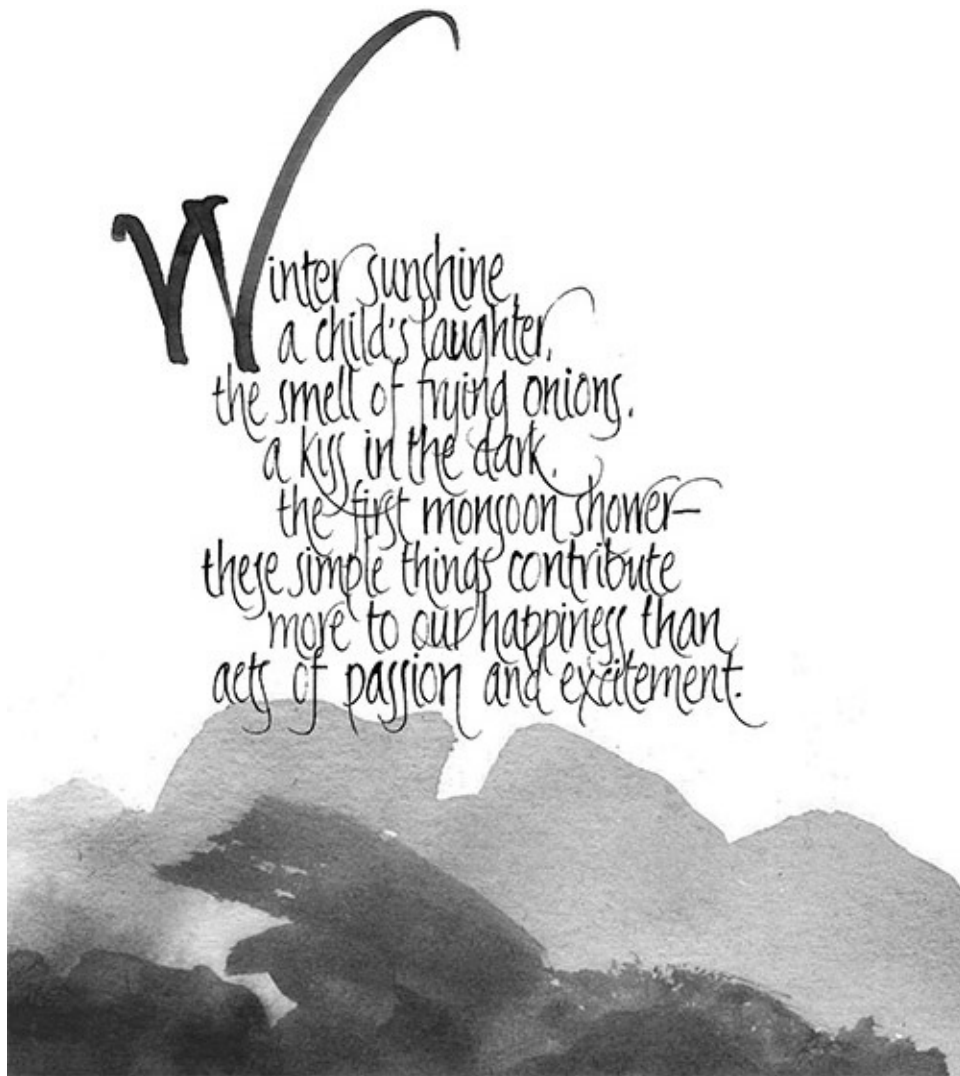
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Contemplating the tiny ladybird  
on the wild rose gives one hope  
that there is more to life than  
interest rates, dividends, market  
forces and infinite technology.  
There is space for the big and the  
small; there is space for you and  
me and the ladybird.



‘When the first baby laughed for

the first time, the laugh broke  
into a thousand pieces and they  
all went skipping about, and that  
was the beginning of fairies.'

—*J.M. Barrie*



'Don't let one cloud obliterate  
the whole sky.'

—*Anaïs Nin*



If I am fit enough to gambol,  
I must gambol. Why should it  
matter that I am old?

The world is like a cheerless  
headmaster, always telling you  
to behave. It likes to put you in  
a box, but you must never let it  
succeed. The inside of a box  
is not a happy place.



I may not have contributed  
anything towards the progress  
of civilization, but neither have  
I robbed the world of anything.

Even the spider on the wall is  
welcome to his space. After all,  
he gives me mine, and we  
are both at peace.



'Happiness is when what you



think, what you say and what  
you do are in harmony.'

—*Mahatma Gandhi*



'Happiness is the only good,  
reason the only torch, justice the  
only worship, humanity the only  
religion and love the only priest.'

—*Robert G. Ingersoll*



'Those born to wealth, and who  
have the means of gratifying  
every wish, know not what is the  
real happiness of life,  
just as those who have been  
tossed on the stormy waters of  
the ocean on a few frail planks  
can alone realize the blessings  
of fair weather.'

—*Alexandre Dumas*



'Life works upon a compensating  
balance, and the happiness we  
gain in one direction we lose in  
another. As our means increase,  
so do our desires; and we ever  
stand midway between the two.  
When we reside in an attic, we  
enjoy a supper of fried fish and  
stout. When we occupy the first  
floor, it takes an elaborate dinner  
at the Continental to give us the  
same amount of satisfaction.'

—*Jerome K. Jerome*



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A local racketeer, who has been in jail a couple of times, meets me on the road and compliments me because I'm 'always smiling'.

I think better of him for the observation.



If you can smile when you feel  
hurt, the hurt is half cured.



Happiness is not the opposite  
of sorrow. They co-exist; in that  
acceptance we take the first step  
towards inner peace.



‘Happiness always lingers with  
unhappiness. They are two sides  
of the same coin. When the  
whole coin drops from your  
hand you are neither happy  
nor unhappy.’

—*Osho*



‘Don’t cry because it’s over, smile  
because it happened.’

—*Dr Seuss*



We have as much right to cry as  
we have to laugh. Men given to  
tears are good men, goes an old  
Greek saying.



If a tortoise could run,  
And losses be won,



And bullies be buttered on toast;  
If a song brought a shower,  
And a gun grew a flower,  
This world would be better  
than most.



‘I felt my lungs inflate with  
the onrush of scenery—air,  
mountains, trees, people.  
I thought, “This is what it  
is to be happy.”’  
—*Sylvia Plath*



One of life’s greatest pleasures is  
free. It lies in watching a plant  
grow—from seed to seedling, to  
green branch to bough,  
to flower to fruit.



‘Having a great intellect is no  
path to being happy.’  
—*Stephen Fry*



‘Laughter is the language of  
the soul.’  
—*Pablo Neruda*



Live close to nature and your  
spirit will not be easily broken,  
for you learn something of  
patience and resilience. You will  
not grow restless, and you will  
never feel lonely.



A mynah bird alights on the  
window sill, delivers a short  
speech, waits for me to nod  
my approval and takes off. My  
birthday gift in advance.



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Last night, as I lay sleepless  
In the summer dark

With window open to invite  
a breeze,  
Softly a firefly flew in  
And circled round the room  
Twinkling at me from floor  
or ceiling,  
Lighting up little spaces—  
A friendly presence, dispelling  
The settled gloom of an  
unhappy day.



‘Never despair.’  
—*Horace*



Never believe those who tell  
you that there are no second  
beginnings in life. Every day is a  
chance to start afresh. Very often,  
all satisfaction and achievement  
is in the effort.



The whistling thrush is here,  
bathing in the rainwater puddle  
beneath my window. His  
blue-black wings glitter in the  
sunshine. He loves this spot. So  
now, when there is no rain, I fill  
the puddle with water, just so my  
favourite bird keeps coming.





‘For every minute you are angry  
you lose sixty seconds  
of happiness.’  
—*Ralph Waldo Emerson*



Three mantras of happiness:

Think of old friends.  
Make new friends.  
Become your own best friend.



‘A sure way to lose happiness,  
I’ve found, is to want it at the  
expense of everything else.’  
—*Bette Davis*



‘Do not anticipate trouble, or  
worry about what may never  
happen. Keep in the sunlight.’  
—*Benjamin Franklin*



‘If you want to be happy, be.’  
—*Leo Tolstoy*



Happiness does not arrive with  
fireworks. It settles in quietly,  
long before you recognize it.  
And sometimes it is gone

before you do.



‘People who dream when they  
sleep at night know of a special  
kind of happiness which the  
world of the day holds not,  
a placid ecstasy and ease of  
heart that are like honey on the  
tongue. They also know  
that the real glory of dreams  
lies in their atmosphere of  
unlimited freedom.’

—*Karen Blixen*



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You will be 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

If we have the eyes to see, and  
ears to listen, the world is never  
without things to soothe the

heart. Each day there is birdsong  
and moonlight, flowers and old  
familiar, food to satisfy our  
hunger and water to quench  
our thirst.



I like a sausage, I do;  
It's a dish for the chosen and few.  
Oh, for a sausage and mash,  
And of mustard a dash,  
And an egg nicely fried—  
maybe two?



‘Learn to let go. That is the key  
to happiness.’  
—*A Buddhist teaching*



‘It is more fitting for a man to  
laugh at life than to  
lament over it.’  
—*Seneca*



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





‘Happiness is a gift and the trick  
is not to expect it, but to delight  
in it when it comes.’  
—*Charles Dickens*



‘When we are happy, we are  
always good, but when we are  
good, we are not always happy.’  
—*Oscar Wilde*



A life of constant virtue, like a  
life of constant vice, can only  
end in misery.



Don’t be depressed by your  
surroundings. That pebble at  
your feet has as much beauty as  
any great work of art.



I don’t have to climb the Eiffel  
Tower to see a city spread out  
before me. Every night I see the  
lights of the Doon twinkling in  
the valley below; each night is a  
festive occasion.



Some people choose to sail

around the world in small boats.  
Others remain in their own small  
patch, yet see the world in a  
grain of sand.



‘Happiness is not a horse, you  
cannot harness it.’  
—*A Russian proverb*

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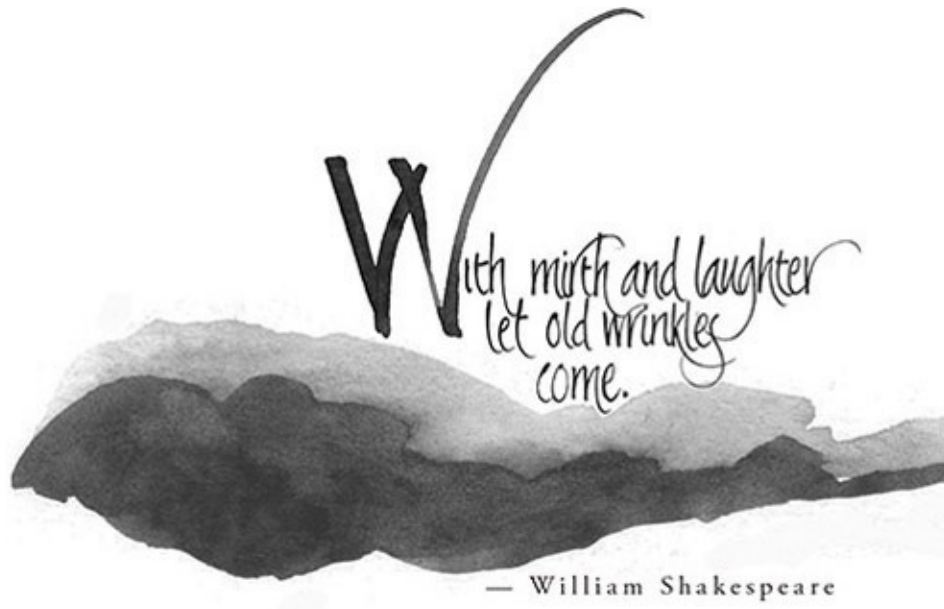
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Listen to the night wind  
in the trees,  
Listen to the summer  
grass singing;  
Listen to the time that's  
tripping by,  
And the dawn dew falling.  
Listen to the moon as it  
climbs the sky,  
Listen to the pebbles humming;  
Listen to the mist in the  
trembling leaves,  
And the silence calling.



‘Happiness is never grand.’  
—Aldous Huxley



‘The true secret of happiness lies

in taking a genuine interest in all  
the details of daily life.'

—*William Morris*



'God bless the inventor of sleep,  
the cloak that covers all  
men's thoughts.'

—*Cervantes*



A pillow can make all the  
difference to one's life. Sleep  
with the wrong pillow and you'll  
wake up an angry man. The right  
pillow, and you wake up a  
happy man.



And here's a gem from a book  
of Bhutanese wisdom: 'Do not  
chirrup too much about your  
happiness, and do not whine too  
much about your unhappiness.'

Which makes me think:  
happiness shared is an act of  
compassion; happiness flaunted,  
an act of violence.



'I shall take the heart. For brains  
do not make one happy, and



happiness is the best thing  
in the world.’  
—*L. Frank Baum*



‘We all look for happiness, but  
without knowing where to find  
it: like drunkards who look for  
their house, knowing dimly that  
they have one.’  
—*Voltaire*



Love is as mysterious as  
happiness—no telling when it  
may visit us; when it will look in  
at the door and walk on, or come  
in and decide to stay.  
May both love and happiness  
enter your life, dear reader,  
and decide to stay.



For most people loneliness is  
wrongly linked to unhappiness.  
Their minds are not deep enough  
to appreciate the sweetness  
and balm of solitude.



‘Of all the means to insure  
happiness throughout the  
whole of life,  
by far the most important is the

acquisition of friends.’  
—*Epicurus*



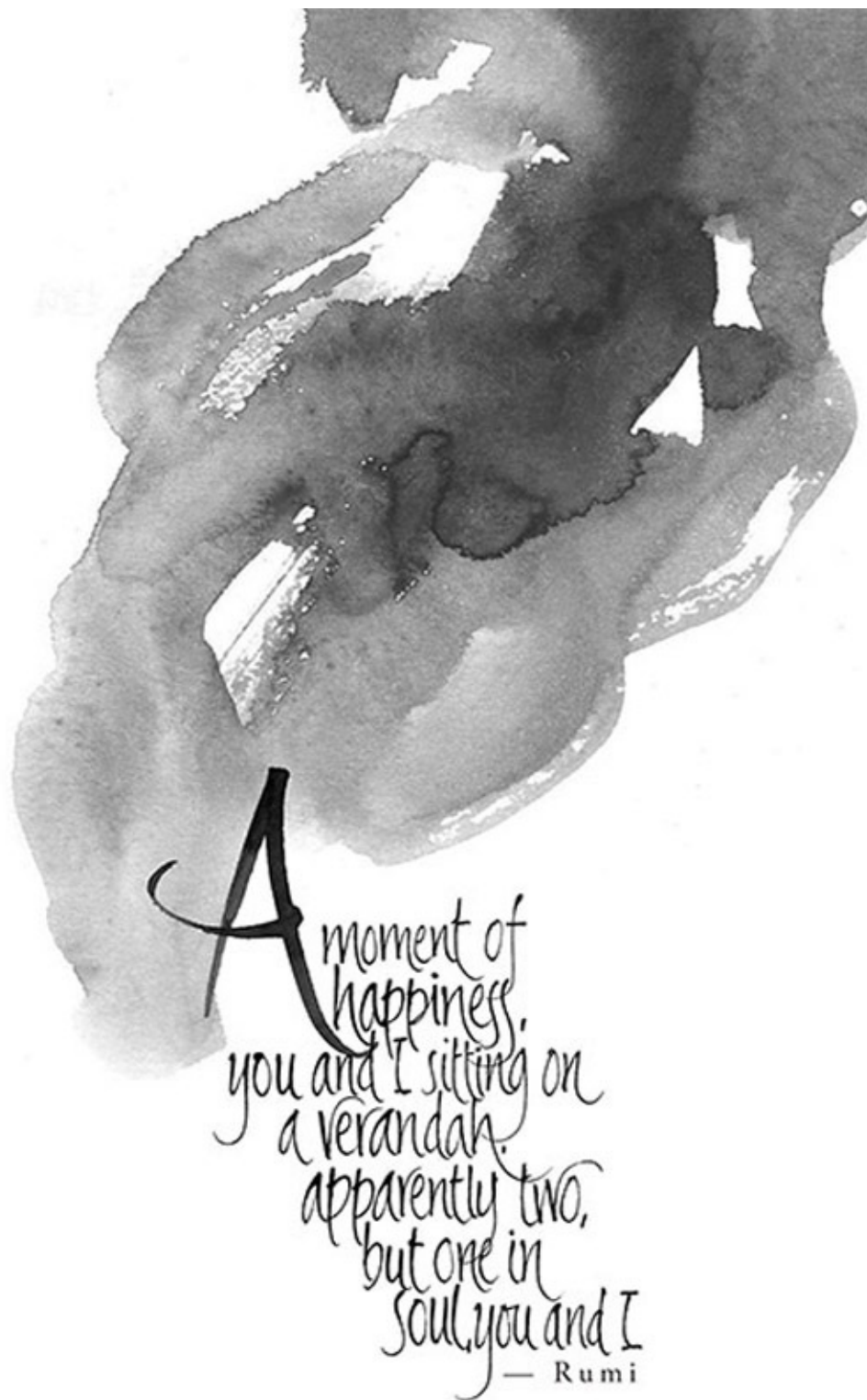
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As in life, so in art: only connect.  
I have always believed that to

communicate and be readable  
is all that a writer should aim  
for. For a writer—as for any  
artist, whether a painter or a  
comedian—there can be no  
greater joy than this connection.



‘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*



How many dreams might have  
become happy realities but for  
that terrible sentence, ‘Too much  
trouble!’



‘One swallow does not make a  
summer, neither does one fine  
day. Similarly, one day or a brief  
time of happiness does not make  
a person entirely happy.’

Thus spoke Aristotle. But brief  
times of happiness can be  
sufficient gifts for a lifetime. No  
one is entirely happy for all time.





‘Happiness when you are  
miserable:  
To plant Japanese poppies with  
cornflowers and mignonette,  
and bed out the petunias among  
the sweet-peas so that they shall  
perfume each other. To see  
sweet-peas coming up.  
To drink very good tea out of a  
thin Worcester cup  
of a colour between apricot  
and pink shell...’  
—*Rumer Godden*



‘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*



‘All of man’s miseries stem from  
his inability to sit quietly in  
a room alone.’  
—*Blaise Pascal*



‘Why should we build our  
happiness on the opinions of  
others, when we can find it in  
our own hearts?’  
—*Jean-Jacques Rousseau*



To be able to laugh and to be  
able to care—just this much will  
ensure a good life.



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



‘Only the development of  
compassion and understanding  
for others can bring us the  
tranquility and happiness  
we all seek.’  
—*Dalai Lama XIV*



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Sometimes,  
there is greater  
joy in  
gazing at a  
mountain than  
in climbing it.

‘I felt once more how simple  
and frugal a thing is happiness: a  
glass of wine, a roast chestnut, a  
wretched little brazier, the sound  
of the sea. Nothing else.’

—*Nikos Kazantzakis*



‘Happiness. It comes on  
unexpectedly. And goes beyond,  
really, any early morning  
talk about it.’

—*Raymond Carver*



‘God gave us our faces,’  
said Granny, ‘we give ourselves  
our expressions.’



Granny again: ‘Life may be  
short, but a smile is only a  
second’s effort.’



The past is another country,  
someone has said, and it is good  
to go there on a visit once in  
a while. It is the small things I  
remember most vividly from  
my past. They come to me like  
pieces of cinema-coloured slides  
slipping across the screen of  
memory, bringing me solace, and  
sometimes a smile to my lips.



‘The day returns and brings us  
the petty round of irritating  
concerns and duties. Help us  
play the man, help us to perform  
them with laughter and



kind faces.’  
—*Robert Louis Stevenson*



‘The secret of happiness is not  
in doing what one likes, but in  
liking what one does.’  
—*J.M. Barrie*



‘My flute, M. Poirot, is my oldest  
companion. When everything  
else fails, music remains.’  
—*Agatha Christie*



‘My cat is selfish, smug and  
ungrateful. Then she jumps onto  
my lap and purrs, asking  
to be loved, and I’m happy.’  
—*Talula K.*



If you owe nothing, you are rich.  
Money doesn’t make  
people happy.  
But neither does poverty.  
Just enough to be your own  
person, and to lend a helping  
hand—that much would be the  
best, I suppose.



‘A hot sun and a hot wind  
blowing; I go home and  
I am happy.’  
—*An Italian proverb*



‘The secret of happiness is to find  
a congenial monotony.’  
—*V.S. Pritchett*



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If you have the ability, or rather  
the gift, of being able to see  
beauty in small things, then life  
holds few terrors.



A cherry tree bowed down by the  
night's rain suddenly rights itself,  
flinging pellets of cool water in  
my face. This, too, is happiness.



There is a flower I meet on my  
walk down to the bazaar these  
days. It has sprung out of a  
plastic mug in Mrs D's little

balcony and is always nodding  
and dancing in the breeze.  
It is a happy flower, deserving  
of a happy, light name. I have  
named it Merry Heart, and  
sealed our friendship.



As I've grown older, I've stopped  
fretting too much. I laugh  
at myself more often; I don't  
laugh at others. I live life  
at my own pace.  
And I am content.



'For some of us, happiness comes  
while we sleep.'  
—*A French proverb*



Slow down, there isn't always a  
train to catch. Make your walk  
as long and leisurely as possible,  
and you will find that the  
world you thought ugly is full  
of lovely little surprises.



For as long as I can remember, I  
have been the happiest taking a  
path—any old path will do—and  
following it until it leads me to a  
forest glade or village or stream or



hilltop, or a face I long to see.



The adventure is not in arriving,  
it's in the on-the-way experience.

It is not in the expected; it's  
in the surprise. You are not  
choosing what you shall see in  
the world, but giving the world  
an even chance to see you,  
to get to know you and, perhaps,  
show you just the things you  
had longed to see but  
could never find.



Turn your attention to the sky,  
look at the ever-changing cloud  
patterns from your window.

There is no end to the shapes  
made by the clouds, or to the  
stories they set off in your head.  
We don't have to circle the world  
in order to find beauty  
and fulfilment.



I remember the mouse who  
shared my room in London  
when I was seventeen and all on  
my own. He was a smart little  
mouse and sometimes he would  
speak to me—sharp little squeaks  
to remind me it was dinner  
time. The room was no longer as  
empty and lonely as when I had

first moved in.



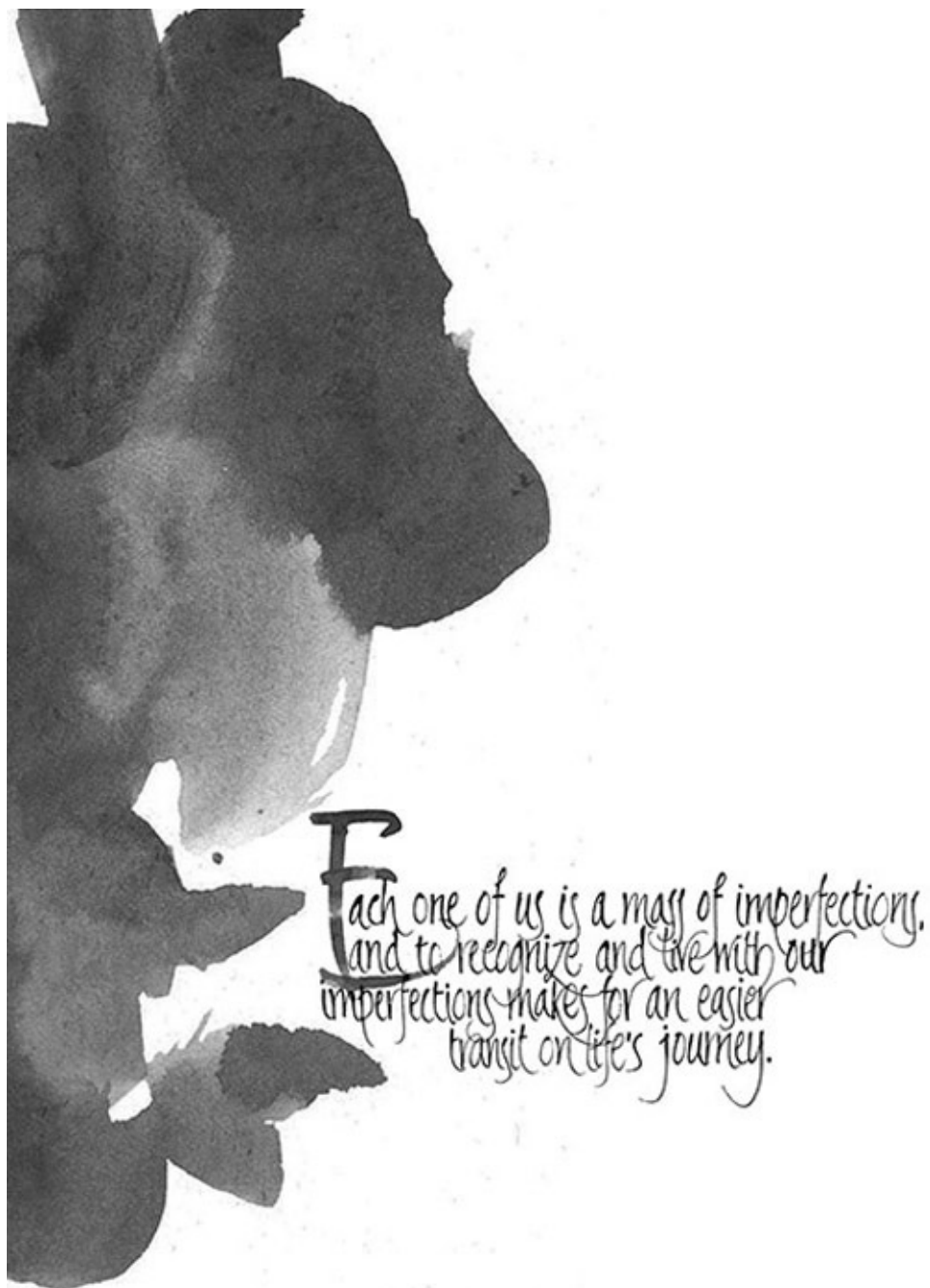
# Notes

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

—J.M. Barrie



Children bring me joy.  
Sometimes I think small children  
are the only sacred things left on  
this earth. Children and flowers.



Help a stranger in distress, do  
it when there is nothing that  
requires you to do so, and you  
will find you are lighter, happier.  
And maybe one day a stranger  
will extend a hand when you  
stumble, and once again you  
will find happiness when you  
least expect it.



Sometimes, when all else fails,  
a sense of humour comes to the  
rescue. Laugh at yourself, laugh  
at fate, and soldier on.



By all means observe the  
conventions, but remember  
that it is only in personal  
independence that happiness is  
to be found. Stay free!



‘Happiness...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*



‘Make up your mind to be  
happy. Learn to find pleasure in  
simple things.’  
—*Robert Louis Stevenson*



What if you failed yesterday?  
Today is not yesterday.



Nothing compares to the joy of  
hard-won success. Nothing is  
sweeter than victory at the  
end of many defeats.



Even the most uninviting and  
unromantic places will surprise  
you with small miracles:  
moonlight on quiet alleys past  
midnight. Or the scent of  
quenched earth and fallen neem  
leaves after the first rains. Or the  
happy riot of the weekly bazaar.



He who has happy children  
is greater than a king.  
And he who spreads happiness  
outside his home is greater still.



If one day you should lose all  
your money, who knows—you  
may become a happy yogi!  
(If not, make peace with  
your misery.)



# Notes

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‘Sometimes your joy is the source  
of your smile, but sometimes  
your smile can be the source  
of your joy.’  
—*Thich Nhat Hanh*



‘Happiness is a how, not a what.  
A talent, not an object.’  
—*Hermann Hesse*



Life rarely plays by the rules.  
Before you say, ‘What did I do  
to deserve such misfortune!’

think of all the times you found  
happiness when you had done  
little to deserve it.



Let us learn from the humble  
marigold. The rose may be  
the queen of flowers, and the  
jasmine the princess of fragrance,  
but the marigold holds its own  
through sheer sturdiness, colour  
and cheerfulness, brightening up  
winter days, often when there is  
little else in bloom.



‘We must try to make the end  
of the journey better than the  
beginning, as long as we are  
journeying; but when we come  
to the end, we must be happy  
and content.’

—*Epicurus*



‘The storm is over, there is  
sunlight in my heart.’

—*P.G. Wodehouse*



As a young man I planted a seed.  
In old age I reap the rewards:  
a wild cherry tree covered with  
pale pink blossoms, and a little



yellow sunbird, emitting a  
squeaky little song, flitting from  
branch to branch.



‘If you want a happy ending,  
it just depends on where you  
close the book!’

—*Orson Welles*



Dear reader, may you have the  
wisdom to be simple, and the  
humour to be happy.



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WHY BE HAPPY AND HOW, AND WHY  
NOT TO WORRY IF YOU THINK YOU ARE NOT.

WHY IT IS EASY TO BE HAPPY, AND HOW YOU CAN  
MISS HAPPINESS EVEN WHEN IT STANDS BEFORE YOU.

HOW A BIRD CAN FILL YOU WITH JOY  
AND A STRANGER'S SMILE CAN SOOTHE YOU.

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