How To Define Happiness?

Happiness is the most important thing and perhaps the only meaning in life. Let me ask a question. What would you do if we felt desperately sad every day? I presume that nobody would like to have that feeling. We must be happy and do everything to be happy. If you were deeply depressed, even the sky with unbroken sunshine would be grey in your eyes. On the contrary, if you were blissfully happy, the patter of rain on the roof would be a melody for you.

But what exactly is happiness? Is it a toy for a tiny tot, a beautiful dress for a girl or considerable money for a deprived home? It is not a simple answer with yes or no. Different people give you different answers to the question.

What should we do to be happy? What most people agree to a point is to make a large amount of money so that you can buy yourself what you want. It is presumptuous to say that because some millionaires are not so happy when they have little time for their family. Happiness is priceless and doesn’t equal the amount of money you have. To keep healthy makes you happy. Sometimes I go for a run to breathe fresh air on a tree-lined narrow road in a park after a hard working day. I thoroughly enjoy myself and, of course, am happy. Apparently, it is not a difficult task to make yourself happy; you just need to follow your heart and it will tell you.

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Happiness is the most important thing in life, and perhaps the only true meaning. Let me ask you a question: what would you do if you felt desperately sad every day? Most likely, you would not enjoy that feeling. We all want to be happy, and we should do everything we can to achieve it. When we are deeply depressed, even the brightest of days can seem gray. Conversely, when we are blissfully happy, even the sound of raindrops can sound like music.

But what exactly is happiness? Is it a toy for a child, a beautiful dress for a woman, or having a lot of money for someone who is financially deprived? The answer is not simple, as different people have different opinions.

What should we do to be happy? While many people believe that having a lot of money can make you happy, this is not necessarily true. Sometimes, having too much money can actually lead to unhappiness, especially if it means sacrificing time with loved ones. True happiness is priceless and cannot be measured by the amount of money you have. Keeping yourself healthy is one way to achieve happiness. Personally, I like to go for a run in a park after a hard day's work. Breathing fresh air while running along a tree-lined path makes me happy.

Ultimately, making yourself happy is not a difficult task. You just need to follow your heart and it will tell you what makes you happy.