

Happiness and love are just a choice away. The only true happiness comes from squandering ourselves for a purpose. 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 year, inherit a fortune. If you want happiness for a lifetime, help somebody. I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances. The supreme happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves. The gap between our professed values and our practised values is the gap between us and our happiness.

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 opened for us. To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness. 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. We act as though comfort and luxury were the chief requirements of life, when all that we need to make us happy is something to be enthusiastic about. The gap between our professed values and our practised values is the gap between us and our happiness. All happy people are grateful. Ungrateful people cannot be happy. We tend to think that being unhappy leads people to complain, but it is truer to say that complaining leads to people becoming unhappy. Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed.

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The great essentials to happiness in this life are something to do, something to love and something to hope for. 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 opened for us. There are some days when I think I am going to die from an overdose of satisfaction. 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 year, inherit a fortune. If you want happiness for a lifetime, help somebody. Happiness is good health and a good memory. Persons thankful for the little things are certain to be the ones with much to be thankful for. The gap between our professed values and our practised values is the gap between us and our happiness. 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.

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You must love yourself before you love another. By accepting yourself and fully being what you are your simple presence can make others happy. A man who as a physical being is always turned toward the outside, thinking that his happiness lies outside him, finally turns inward and discovers that the source is within him. Happiness is not a station you arrive at, but a manner of travelling. Love is that condition in which the happiness of another person is essential to your own. Some cause happiness wherever they go; others whenever they go. Happiness is good health and a good memory. All happy people are grateful. Ungrateful people cannot be happy. We tend to think that being unhappy leads people to complain, but it is truer to say that complaining leads to people becoming unhappy

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