

## Title:

Are celebrities happy?

## Word Count:

373

## Summary:

Before we begin asking if the celebrities are happy, let us first find out what is happiness? If I feel good for an hour a day, and horrible for the rest of the day, am I happy? What if I am happy for eight hours a day and horrible for the rest of the sixteen hours? Am I a happy person? For most of us happiness is a state that is not permanent. We are not happy throughout the day. At least majority of us are not. Read on...

## Keywords:

love, celebrities, happiness, self-esteem

## Article Body:

Before we begin asking if the celebrities are happy, let us first find out what is happiness? If I feel good for an hour a day, and horrible for the rest of the day, am I happy? What if I am happy for eight hours a day and horrible for the rest of the sixteen hours? Am I a happy person? For most of us happiness is a state that is not permanent. We are not happy throughout the day. At least majority of us are not.

What is happiness? Happiness means a sense of deep contentment. A cheerful outlook. An attitude of positive thoughts. A person who has these qualities is happy during all the times of the day.

How about celebrities then? They have name, fame and wealth. They can, not only buy whatever they desire, but they can also buy a loved one. They can buy anything. Their name is splashed around in the media most of the times. Every news about them is awaited by the general population. Celebrities may not have been born with a silver spoon in the mouth, but the current spoon is mostly that of gold. So they must be happy!

But sadly, happiness is away from most of them. Speaking of contentment, most of them are not only not feeling any contentment, but are frustrated. They are jealous at times. And they have no deep sense of peace in them. Rather their life and minds are full of turbulence most of the times. They are at times so dissatisfied with their own life that they wish to run away from themselves.

This they cannot do, and therefore substances that take them away from their own realities are so often used by them.

Happiness has something to do with money, but only to an extent. Happiness has nothing to do with fame, if you are not satisfied with yourself. Whatever the world may say, unless one has self-esteem, one can never be happy. All of us sail in the same boat. Most of us are living unhappy lives most of the time. Let us get happiness that will give us a satisfied sense of living. Let us strive for happiness in our own inner world.