**Famous People on Happiness**

**The people who successfully delude themselves seem happier than the people who can’t. *(Woody Allen)***

**The most noble art is to make someone happy. (P. T. Barnum)**

**Happiness is good health and a bad memory. (Ingrid Bergman, Swedish-born actress)**

**Happiness is an agreeable sensation arising from contemplating the misery of another. *(Ambrose Bierce)***

**Thousands of candles can be lighted from a single candle, and the life of the candle will not be shorted. Happiness never decreases by being shared. (Buddha)**

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**Everybody in the world is seeking happiness and there is one sure way to find it. That is by controlling your thoughts. Happiness does not depend upon outward conditions. It depends upon inner conditions. It isn't what you have or who you are or what you are doing that makes you happy or unhappy. It is what you think about it. (Dale Carnegie)**

**Many people think that if they were only in some other place, or had some other job, they would be happy. Well, that is doubtful. So get as much happiness out of what you are doing as you can and don't put off being happy until some future date. (Dale Carnegie)**

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**Happy people do a great deal for their friends. (Willa Cather)**

**People don’t notice whether it’s winter or summer when they’re happy. (Anton Chekhov, Russian author and physician, 19thcentury)**

**As a well-spent day brings happy sleep, so a life well spent brings happy death. *(Leonardo da Vinci)***

Happiness is not something ready made. It comes from your own actions. (The Dalai Lama)

**A sure way to lose happiness, I found, is to want it at the expense of everything else. (Bette Davis)**

**Happiness does not lie in happiness, but in the achievement of it. *(Fyodor Dostoyevsky)***

**Happiness is a perfume which you cannot pour on someone without getting some on yourself. (Ralph Waldo Emerson)**

**The devil will come to you when you are happy. (Andre Gide)**

**Happiness is a ball after which we run wherever it rolls, and we push it with our feet when it stops. *(Goethe)***

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**Happiness is like a butterfly. The more you chase it, the more it eludes you. But if you turn your attention to other things, it comes and sits softly on your shoulder. (Nathaniel Hawthorne)**

**Happiness, in this world, if it comes at all, comes incidentally. Make it the object of pursuit, and it leads us on a wild-goose chase, and it is never attained. (Nathaniel Hawthorne)**

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**A happy life consists not in the absence, but in the mastery of hardships. (Helen Keller)**

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**In this sad world of ours, sorrow comes to all, and it often comes with bitter agony. Perfect relief is not possible, except with time. You cannot now believe that you will ever feel better, but this is not true. You are sure to be happy again. Knowing this, truly believing it, will make you less miserable now. (Abraham Lincoln)**

**I have found that most people are about as happy as they make up their minds to be. (Abraham Lincoln)**

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**One child said she would not like happiness all the time, because she would not be able to feel sadness and grief at the death of her grandfather. If happiness is a mature acceptance of all that is visited upon us in our daily lives, then that’s for me. *(Malachy McCourt, in Harold Be Thy Name)***

**The most exciting happiness is the happiness generated by forces beyond your control. *(Ogden Nash)***

**Happiness is not a goal; it is a by-product. (Eleanor Roosevelt)**

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**To be without some of the things you want is an indispensable part of happiness. (Bertrand Russell)**

**Contempt for happiness is usually contempt for other people’s happiness, and is an elegant disguise for hatred of the human race. (Bertrand Russell)**

**A certain power of enduring boredom is essential to a happy life. The lives of most great men have not been exciting except at a few great moments. A generation that cannot endure boredom will be a generation of little men. *(Bertrand Russell)***

**The good life, as I conceive it, is a happy life. I do not mean that if you are good you will be happy; I mean that if you are happy you will be good. (Bertrand Russell)**

**Anything you’re good at contributes to happiness. (Bertrand Russell)**

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**Happiness is nothing more than good health and a bad memory. (Albert Schweitzer)**

**The secret of being miserable is to have leisure to bother about whether you are happy or not. (George Bernard Shaw)**

**My happiness cannot possibly depend on my forcing changes on someone else. Nor does my misery come from anyone but myself. (George Bernard Shaw)**

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**If God came in and said, “I want you to be happy for the rest of your life,” what would you do? (Dr. Bernie Siegel)**

**The only certain happiness in life is to live for others. (Leo Tolstoy)**

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**Sanity and happiness are an impossible combination. (Mark Twain)**

**To be busy is man’s only happiness. *(Mark Twain)***

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**Some cause happiness wherever they go; others whenever they go. (Oscar Wilde)**

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