**Happiness - Ponderings**

**Happy are those who live in your house,**

**ever singing your praise.**

***(Psalm 84:4)***

**Base your happiness on your hope in Christ.**

**When trials come, endure them patiently;**

**steadfastly maintain the habit of prayer.**

***(Romans 12:12)***

**If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life. *(Abraham Maslow, psychologist)***

**The chief barrier to happiness is envy. *(Frank Tyger, editorial cartoonist)***

**Being happy never goes out of style. *(Lily Pulitzer, fashion designer)***

**It's hard to tell what brings happiness. Poverty and wealth have both failed. *(Bits & Pieces)***

**Nobody really cares if you’re miserable, so you might as well be happy. (Cynthia Nelms, author)**

**Happiness -- it's no coincidence that “I” is at the center of every happiness! (Tom Wilson, in Ziggy comic strip)**

**Even the happiest child has moments when he wishes his parents were dead. (Allan Fromme, psychologist)**

**Happiness is a form of courage. *(Holbrook Jackson)***

**Some pursue happiness; others create it. *(Between Us)***

**No man is happy without a delusion of some kind. Delusions are as necessary to our happiness as realities. (Christian Nestell Bovee, American author)**

**Ziggy: “Happiness doesn’t depend on how much you have to enjoy, but how much you enjoy what you have!” (Tom Wilson, in Ziggy comic strip)**

**All happiness depends on a leisurely breakfast. (John Gunther)**

**Happiness, it turns out, is a destination we reach only when we are trying to get somewhere else. (Matthew Syed, British author)**

**I dreamed I was happy then woke, and it was true! Until I forgot the dream. (Ashleigh Brilliant, in Pot-Shots)**

**Only a truly happy person can enjoy the scenery along a detour! (Tom Wilson, in Ziggy comic strip)**

**A THOUGHT TO REMEMBER: One way to be happy ever after is not to be after too much. *(Reminisce magazine)***

**If you must be unhappy, I can only hope it's not for a very good reason. (Ashleigh Brilliant, in Pot-Shots)**

**Happiness is like a kiss. You must share it to enjoy it. (Bernard Meltzer, American radio host, 20th century)**

**I have noticed that the people who are late are often jollier than the people who have to wait for them. *(E. V. Lucas, author)***

**According to the law of Pocatello, Idaho, it is illegal to look unhappy. *(Paul Stirling Hagerman, in It's a Weird World, p. 83)***

**Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is. (Maxim Gorky, writer)**

**Life goes on, whether you're happy or not -- so you might as well try to be happy. (Ashleigh Brilliant, in Pot-Shots)**

**Happiness is not a state to arrive at, but a manner of traveling. (Bits & Pieces)**

**McDonald’s makes 40 percent of its profits from Happy Meals. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 253)***

**There is no greater sorrow than to recall a time of happiness when in misery. (Dante Alighieri)**

**There can be no happiness if the things we believe in are different from the things we do. (Freya Stark, explorer)**

**Now and then it’s good to pause in our pursuit of happiness and just be happy. *(Guillaume Apollinaire, French writer, poet, and critic)***

**Happiness is not the absence of problems but the ability to deal with them. (Baron de Montesquieu)**

**Beauty is the promise of happiness. *(Stendhal)***

**We tend to forget that happiness doesn’t come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have. (Fredrick Koeing)**

**The primary, fundamental, essential, baseline, critical, lowest-level minimum requirement for happiness, without which there is no other hope, is a willingness to take care of oneself. The trouble is, people are generally willing to take care of almost anyone or anything but themselves. They take care of a car, house, child, job, pet, boss, deadline, spouse, stranger or any number of people or things on an endless list before they take care of themselves. *(Brad Blanton, in Radical Honesty)***

**The first rule of happiness is that what matters most is what's here now. (Ashleigh Brilliant, in Pot-Shots)**

**One of the secrets of a happy life is continuous small treats. (Iris Murdoch)**

**The secret of happiness is to count your blessings -- not your birthdays. (Shannon Rose)**

**It is very simple to be happy, but it is very difficult to be simple. (Rabindranath Tagore, poet)**

**And there is even a happiness / That makes the heart afraid. (Thomas Hood)**

**It’s easy to be miserable. Being happy is tougher – and cooler. (Radiohead’s Thom Yorke)**

**Happiness quite unshared can scarcely be called happiness; it has no taste. (Charlotte Bronte)**

**Success is getting what you want; happiness is wanting what you get. (Thomas LaMance, in Catholic Digest)**

**Once I wanted total happiness – now I will settle for a little less pain. *(Ashleigh Brilliant, in Pot-Shots)***

**Remember that happiness is a way of travel -- not a destination. (Roy M. Goodman)**

**Happiness is not having what you want, but wanting what you have. *(Rabbi Hyman Judah Schachtel, American theologian, author and educator)***

**The foolish man seeks happiness in the distance; the wise grows it under his feet. (James Oppenheim, author)**

**There is this difference between happiness and wisdom: he who thinks himself the happiest man really is so; but he who thinks himself the wisest is generally the greatest fool. (Charles Caleb Colton)**

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