**Happiness**

**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)***

**To achieve our ultimate goals is not happiness; it is to be able to solve our problems along the way. (Bits & Pieces) 19019**

**Berry Gordy, former president and chairman of Motown Industries, on being an entrepreneur: One of the most important problems is that of happiness after success. Many people might say, “Hey, baby, give me the success, and I'll worry about the happiness afterward.” Unfortunately, it doesn't happen that way. Unless you consider happiness before you consider success, then the manner in which you achieve success could be something that would destroy you later. Many people are so busy running to the top, stepping on their competitors, stepping on their enemies and, saddest of all, stepping on their friends and loved ones that when they get to the top, they look around and discover they are lonely and unhappy. They'll ask me, “Where did I go wrong?” My answer has always been, “Probably at the beginning.” (New York Times)**

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

**Only 2 percent of Americans say they’re in a good mood every day. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 50)***

**Rose says to the angel: “I don't believe you're seven billion years old! If you had that much experience, you'd be doing a better job of making me happy!” Angel: “Maybe working with people just makes me feel like I'm seven billion years old!” *(Pat Brady, in Rose Is Rose comic strip)***

**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)***

****Happiness** is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same. *(Francesca Reigler)***

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

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

**A woman was speaking to her friend about her two beaus. “If I could combine their qualities, I'd be the happiest person in the world. Ronald is rich, handsome and witty. Tony wants to marry me.” *(VFW magazine)***

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

****Before strongly desiring anything, we should look carefully into the** happiness of its present owner. *(La Rochefoucauld)***

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

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

**Think how much happier women would be if, instead of endlessly fretting about what the males in their lives are thinking, they could relax, secure in the knowledge that the correct answer is: very little. (Dave Berry, in The Complete Guide to Guys)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**The happiest people don’t necessarily have the best of everything. They just make the best of everything. (Bits & Pieces)**

**The Harvard Study of Adult Development, which has followed more than 700 participants and their descendants for more than 85 years, has yielded one overarching finding: It’s not how smart you are, how many promotions you get or how much money you make that best predicts happiness. It’s the quality of your relationships with others. (Elizabeth Svoboda, in Discover magazine)**

**Recently divorced, I didn’t really feel like celebrating my birthday. But when my seven-year-old daughter, Sarah, and her 17-year-old brother, Scott, presented me with a new watch and a birthday cake, I had to enter into the fun. My daughter and I were sitting at the kitchen table eating the cake when Sarah announced, “Mama, I have one more gift for you. Hold out your hand and close your eyes.” As I did, she reached into her tiny purse. Then I felt her hand gently touch mine. “You can open your eyes now,” she said. When I looked at my hand, it appeared empty. Before I could utter a word, she explained, “It’s happiness, Mama.” I truly believed, then, the best presents are the ones that come wrapped with love. (Patricia Sharp, in Reader’s Digest)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

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

**Ziggy: “Since when does the bluebird of happiness sell lottery tickets?” *(Tom Wilson, in Ziggy comic strip)***

**By genetically manipulating the distribution of a chemical receptor in the brain, researchers have transformed an anti-social mouse into an animal with the more social attributes of a rodent cousin. Neuroscientists at Emory University in Atlanta report that a transgenic mouse they created by inserting a single gene from a prairie vole showed the fidelity and sociability common to the vole. Their study, published today in the journal Nature, marks the first time that manipulation of a single gene has proved sufficient to change complex social behavior so dramatically. (Lee Bowman, Scripps Howard News Service, 1999)**

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

**I'm on the brink of happiness -- will you give me a push? (Ashleigh Brilliant, in Pot-Shots)**

**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)**

**Happiness is having a large, loving, caring, close-knit family in another city. (George Burns)**

**Billy says to Jeffy: “Butterflies last months, not years. But they're happy, ‘cause it's a full life.” (Bil Keane, in The Family Circus comic strip)**

**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. (Chinese proverb)**

**Whoever said you can't buy happiness forgot about puppies. (Gene Hill, in Catholic Digest)**

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

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**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)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Happiness is your dentist telling you it won’t hurt and then having him catch his hand in the drill. *(Johnny Carson)***

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

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

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

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

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

**Yale University psychologist Laurie Santos’ “Science of Well-Being” course is the most popular the school has ever offered, enrolling more than 4 million additional online students. (Elizabeth Svoboda, in Discover magazine, March, 2024 issue, on page 29)**

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

**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)**

**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)**

**Good week for: Living in a dictatorship, after a North Korean happiness study concluded that North Korea was the second happiest country in the world, behind China. Cuba was third happiest, while the U.S. was ranked last, at 203. (The Week magazine, June 17, 2011)**

**With this and all his other creations, Walt Disney never wavered off course. He once noticed that a railroad conductor at Disneyland was treating patrons curtly. “Give that fellow a better understanding of the business we're in,” Walt told an attendant. “If you can't cheer him up, he shouldn't be working here. We're selling happiness.” (John Culhane, in Reader's Digest)**

**From an evolutionary standpoint, though, there are good reasons why momentary happiness doesn’t last. If we were steeped in contentment all the time, like spectators glued to an ever-looping movie, we’d be far less motivated to do what we need to do to survive. Endless delight might be seductive, but it can be deadly, too. (Elizabeth Svoboda, in Discover magazine)**

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

**A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes. *(Hugh Downs, TV announcer, news anchor, and producer)***

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

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

**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)***

**Happiness makes up in height for what it lacks in length. *(Robert Frost, in The Guardian U.K.)***

**“When I am unhappy,” says a woman I know, “I can’t be grateful enough for my garden. The weeds won’t wait until I’m through crying; they have to be pulled now, and that takes all my energy.” The more difficult and challenging the thing we are working at, the better, for we can’t work hard without using up some of the energy that might go into self-pity. *(Ardis Whitman, in Reader’s Digest)***

**A genetic guide to true happiness: Human beings appear to be genetically engineered to be happiest and healthiest when we spend a lot of time selflessly helping others – and unhealthy when we’re most devoted to self-gratification. That’s the eye-opening conclusion of University of North Carolina researchers, based on a study of 80 volunteers. The study subjects were asked how often they felt hedonic pleasure – the kind of happiness brought about by enjoying a tasty meal or buying themselves something. They were also asked how often they contributed something important to society that gave them a deeper sense of purpose. The researchers then drew the subjects’ blood, and found that the genes of the volunteers whose lives contained lots of pleasure but little meaning were priming cells to express high levels of inflammation – which is linked to cancer, diabetes, and cardiovascular disease – and to weaker anti-viral response to infections. “Their daily activities provide short-term happiness yet result in negative physical consequences long-term,” psycho-physiologist Barbara Fredrickson tells ScienceDaily.com. People who emphasize service to others and a connection to community, on the other hand, showed a pattern of gene expression linked to less inflammation and stronger immunity. There are two distinct kinds of happiness, says study co-author Steven Cole, and “our genes can tell the difference.” (The Week magazine, September 13, 2013)**

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

**Doctor: “Do you want to live a long and happy life?" Hagar: “Of course, Doctor!” Doctor: “Then you must give up drinking, rich foods, fighting, gambling and staying out late!” Hagar then says to himself: “It might be long, but it sure won't be happy!” (Chris Browne, in Hagar The Horrible comic strip)**

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

**Happiness is having a golf caddy who can't count. (Henry E. Leabo, in Quote magazine)**

**Why Grandma loves the internet: The links between the internet and poor mental health in teens are well documented, but a new study suggests that it’s a very different story for seniors. Looking at survey data from 90,000 adults in 23 countries, researchers found that compared with those who rarely or never went online, people ages 50 and over who frequently used the internet were happier. They had a 9 percent reduction in depressive symptom scores, a 7 percent increase in life satisfaction scores, and a 15 percent rise in health scores. The researchers acknowledge that those who were mentally healthier to start with may have been more likely to go online, but say that being a daily internet user still appears to contribute to improved well-being. Study leader Qingpeng Zhang, of City University of Hong Kong, says the redults make intuitive sense. “For older adults, the internet van be a lifeline to social connections, services, and information that may be harder to access otherwise,” he tells The Times (U.K.). Younger people, who often use the internet for different purposes, might not experience the same mental health benefits. *(The Week magazine, December 6, 2024)***

**Wise man: “I am the world's greatest scholar and philosopher! My life has been spent searching for the universal secret of happiness! And after years of exhaustive investigation, I've finally discovered that secret! It isn't career success, it isn't accumulating great wealth, and it isn't enduring fame!” People ask: “What is it, O great wise one? What is it?” Wise man: “Spaghetti and meatballs.” (Chris Browne, in Hagar the Horrible comic strip)**

**Happiness is turning up in our DNA, too. Meike Bartels is a leading expert on the genetics of joy. Since 2016, the research professor and her team at Vrije University in Amsterdam have discovered 304 "happy genes." She suspects that more than a thousand genes may be related to emotional well-being. "We found that 35 to 40 percent of the difference between people's happiness levels is genetic," she says. *(Sari Harrar, in AARP - The Magazine / Real Possibilities)***

**Dad: “Here, boys! Have a bubble gum cigar!” Son: “Thanks, Dad! What's the occasion?” Dad: “You're looking at a happy man! My neighbor and arch nemesis, George W. Steinbauer, is about to become my ex-neighbor! He's moving! Who says dreams can't come true?” Son then says to himself: “I haven't seen Dad this happy since Donut World started staying open 24 hours!” (Kevin Fagan, in Drabble comic strip)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**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, when it comes, comes incidentally. Make it the object of pursuit, and it leads us on a wild-goose chase, and it is never attained. Follow some other object, and very possibly we may find that we have caught happiness without dreaming of it. (Nathaniel Hawthorne)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**The little girl says to herself: “Doing this homework will likely make me a smarter person. But someone once said ‘A person is never happy except at the price of some ignorance.’” As she begins watching TV, the little girl then says: “I, for one, am willing to pay that price!” *(Steve Breen, in Grand Avenue comic strip)***

**The sign says: “The world will end at 8 p.m.” The man then responds: “I can still make happy hour.” (J. C. Duffy, in The Fusco Brothers comic strip)**

**In scientific terms, happiness is all about neurotransmitters. When we’re feeling content, these microscopic chemical messengers – including dopamine, which supplies temporary pleasure, and serotonin, which fuels longer-lasting well-being – flow into the brain and spinal cord. These happy hormones can impact almost every bodily process, from mood and sleep regulation to blood flow. (Think about the way your face might flush, for instance, when someone compliments your outfit.) (Elizabeth Svoboda, in Discover magazine)**

**HOUSEWIFE HAPPINESS:
1. Happiness is waking up in the morning and having both slippers together in the ready position.
2. Happiness is cooking scrambled eggs with everyone really wanting them.
3. Happiness is finding a clean, white, boy's shirt in the dryer for school, one hour before school starts.
4. Happiness is enough peanut butter left in the jar to make one more sandwich for the lunch box.
5. Happiness is locating a usable pen to write out a check for an impatient laundryman at the door.
6. Happiness is getting the vacuum cleaner with all its attachments back in the closet on the same day you use it.
7. Happiness is investigating a child's scream and learning it was only temper and not bloodshed.
8. Happiness is turning up a hem on a pair of curtains and finding both sides hang evenly.
9. Happiness is finding an 8 cent stamp that was overlooked in your wallet and attaching it to a last-minute birthday card.
10. Happiness is watching the total figure come up on the grocery store register and relaxing because you have enough money to cover it, with 2 cents to spare.
11. Happiness is having an unexpected invitation for a dinner out and getting a baby-sitter on the first phone call.
12. Happiness is locating a spare nylon to replace the one that you just snagged on the car door.
13. Happiness is covering your children at night and, at the touch of your kiss, have one wake up enough to murmur, “Thanks, mom!”
14. Happiness is praying with your husband at bedtime and together offering your day to God. (Clare Long, in The Liguorian - June, 1971)**

**The hypocrisy of measuring happiness: The latest World Happiness Report is out, and it’s “utterly depressing,” said Marwan Bishara. As usual, the high ranks in this year’s report are dominated by Nordic and other European states that are wealthy, healthy, and secure but also “culturally introverted and largely reserved” – or, as they might say, more content than happy. Finland is in first place for the fifth consecutive year, yet it has one of the world’s highest suicide rates. So who decides what makes a country happy? The global index kicked off in 2011 after an intense U.N. lobbying campaign by Bhutan, which started using “gross national happiness” as its main development indicator rather than gross national product. Bhutan quantified its people’s well-being by surveying 8,000 random households – but surely excluded some 100,000 Nepali-speaking people who had been brutally expelled in a “dreadful ethnic cleansing” campaign. The so-called Kingdom of Happiness ranks just 97th this year, but fear not, peace is apparently no prerequisite for social joy: Israel has rocketed into this year’s top 10 “despite its violent system of apartheid,” while its Palestinian and Arab neighbors “rank terribly poorly.” When our pursuit of happiness comes at the expense of another, aren’t we just measuring our own hypocrisy? *(The Week magazine, April 8, 2022)***

**Top 10 Instructions For A Happy Life:
10. Never eat a sugared donut while wearing a dark suit.
9. Buy ladders, extension cords and garden hoses longer than you think you'll need.
8. Wave at children on school buses.
7. Check for toilet paper before sitting down.
6. Accept a breath mint when one is offered.
5. Don’t judge people by their relatives.
4. Plant zucchini only if you have lots of friends.
3. Never say something uncomplimentary about another person's dog.
2. Remember, a good example is the best sermon.
1. Trust in God, but lock your car. (H. Jackson Brown, Jr., in Life's Little Instruction Book)**

**Good week for: Introverts, after a new British study of 17,000 kids ages 8 to 18 found that one third actually reported feeling happier during the pandemic. They got more sleep and exercise, suffered less bullying, and because of online feriendships felt less lonely. (The Week magazine, March 4, 2022)**

**Even a happy life cannot be without a measure of darkness. The word “happy” would lose its meaning if it were not balanced by sadness. (Carl Jung)**

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

**Happy kids become happy spouses: Kids who smile a lot are more likely to grow up to have happy marriages, says a new study. Psychologists of DePauw University in Indiana looked over pages and pages of childhood photo albums from more than 600 adults, then asked about their marital histories. They found that of those frequently photographed smiling in childhood, only 11 percent had ever been divorced. But of people often photographed frowning or looking somber, 31 percent had had a failed marriage. Overall, people who rarely smiled in their childhood photos were five times more likely to get divorced than those who appeared happy. Study author Matthew Hertenstein tells LiveScience.com that frequent smiling probably indicates a happy, upbeat disposition, and that such “positive emotionality” repeatedly has been proved to produce happier lives. It may also be that “smiling people attract other happier people,” he says, leading “to a greater likelihood of a long-lasting marriage.” (The Week magazine, May 1, 2009)**

**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)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**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)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Dennis O’Grady, clinical psychologist and author of “Taking the Fear Out of Changing,” has concluded that only about one-third of any given patient's unhappiness is linked to heredity; the rest, he says, is caused by attitude and one's situation or unwillingness to embrace change. *(Myron B. Pitts, in USA Weekend)***

**A great part of the happiness of life consists not in fighting battles, but in avoiding them. *(Henry Wadsworth Longfellow)***

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

**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)***

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

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*For most of my life, money and fear have gone hand in hand. Do I have enough? Will I run out? If I had a little more money, my worries would be over. Then I came across an interesting statistic: While personal consumption has doubled in 40 years, the percentage of people satisfied with life remains the same -- about 33%. If having more “things” doesn't guarantee more happiness, what does? (Barbara Bartocci, in Catholic Digest)**

****People who say money can’t buy happiness just don’t know where to shop. *(Tom Shivers) 5219820*****

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Do MRIs affect the brain? Brain scans performed by magnetic resonance imaging have an intriguing side effect: They cheer people up. Doctors at Harvard Medical School's McLean Hospital began noticing last year that MRIs left people with bipolar disorder in much better moods. So researchers set up an experiment in which they put stressed-out rats through MRIs. The rats also “behaved as if they had received an antidepressant,” Dr. Bruce Cohen tells Reuters. MRIs create vivid “pictures” of the brain and other organs by surrounding the body in a powerful electromagnetic field. Up to now, scientists had insisted that these fields had no lasting impact on living tissue. But if MRI scans can make rats and people less depressed, says researcher William Carlezon, it suggests that magnetic fields can alter the biology of the brain, and “may cause other effects we don't understand yet.” *(The Week magazine, April 1, 2005)***

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

****You need a** roof over your head and security. Once you’ve got that, though, I don’t think you get happier if you get more. *(David Byrne)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**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)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Live winter the Norwegian way: If you're dreading the coming cold, take a page from the Norwegians, said Jen Rose Smith in National Geographic. Despite its long, dark winters, Norway ranks among the world's happiest places, and a commitment to friluftsliv ("open air living") helps explain why. Norwegians celebrate time outdoors every day, no matter the weather. And like hygge, a term for cozy conviviality that caught on in the U.S. earlier, friluftsliv is "proof that mindset can transform the way we experience the world." Mental health experts have long known that a few hours a week in a natural environment can boost mood, and even alleviate trauma. This year, "channeling friluftsliv could mean brisk walks on blustery days, or bundling up for a winter picnic in the park." If you get cold feet, remember this cheerful Norwegian saying: "There's no bad weather, only bad clothing." (The Week magazine, December 4, 2020)**

**Happiness is not something you experience, it’s something you remember. (Oscar Levant, entertainer)**

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

**PERFORM RANDOM ACTS OF KINDNESS: Yes, your kindergarten teacher was right all along. Plus, lending a hand to someone in need can actually benefit your own physical and mental health. Researchers at the University of Oxford found that participants who performed daily acts of kindness for a week – like helping a neighbor, paying for someone else’s movie ticket, or writing a thank you card – received a bump in happiness, according to a study published in 2018 in The Journal of Social Psychology. (Elizabeth Svoboda, in Discover magazine)**

**Happiness is a perfume you cannot pour on others without getting a few drops on yourself. *(Bits & Pieces)***

**It seems to me that I will always be happy in the place where I am not. (Charles Baudelaire)**

**The politics of recognition has not produced a happy society. When asked by the General Social Survey to rate the happiness level, 20 percent of Americans in 2022 rated it at the lowest level – only 8 percent did the same in 1990. *(David Brooks, in The Atlantic magazine)***

**Says here “You can't put a price on happiness, it is the rarest and most precious of all commodities. But if you could, it would be somewhere in the area of five hundred thousand dollars a letter.” (Joe Martin, in Willy 'N' Ethel comic strip)**

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

**Prosperous and unhappy: Residents of rich countries are more likely to be depressed than those who live in poorer nations. That’s the startling conclusion World Health Organization researchers reached when they interviewed nearly 90,000 people in 18 countries about their mental health. France and the United States were the most depressed; 21 percent of French people and more than 19 percent of Americans have suffered from the disorder. By contrast, many low- to middle-income countries had strikingly low depression rates. Only 8 percent of Mexicans and 6.5 percent of Chinese people say they’ve ever been depressed. Just because wealthy nations “have a high income doesn’t mean there isn’t a lot of stress in the environment,” lead researcher Evelyn Bromet tells Health.com. And the study shows that depression “is strongly linked to social conditions.” Cultural differences may make certain nationalities less likely to admit to depression – for instance, though less than 7 percent of Japanese people say they’ve been depressed, the country has a higher suicide rate than the United States. But other statistics held true worldwide: Women are twice as likely as men to be depressed, and the most common cause of the disorder is the loss of a partner due to death or divorce. *(The Week magazine, August 12, 2011)***

**Abd al-Rahman III, the emir and caliph of Cordoba in 10th-century Spain, summed up a life of worldly success at about age 70: “I have now reigned above 50 years in victory or peace; beloved by my subjects, dreaded by my enemies, and respected by my allies. Riches and honor, power and pleasure, have waited on my call.” And the payoff? “I have diligently numbered the days of pure and genuine happiness which have fallen to my lot,” he wrote. “They amount to 14.” *(Arthur C. Brooks, in Atlantic magazine)***

**Milos Forman, the expatriate Czech director of such films as One Flew Over the Cuckoo's Nest and Hair, became an American citizen in 1977. The framed certificate of naturalization hangs in his Manhattan apartment. “It is people like us, the ones who were not born here, who really appreciate this country,” he says. “I was moved to tears when I found those magical words ‘the pursuit of happiness’ in the Declaration of Independence. I knew exactly what the men who wrote it meant. Not ‘the right to happiness,’ which doesn't exist, but the right to pursue it.” (Tom Buckley, in New York Times Magazine)**

**Duke University researchers found that one of the best predictors of health, happiness and long life was the tendency to reach out to people beyond your immediate family. When your woes threaten to overcome you, think about how you can help someone else. (Ardis Whitman, in Reader's Digest)**

**A Recipe For A Happy Day: Ingredients**

* **1 cup friendly words**
* **2 heaping cups of understanding**
* **4 heaping teaspoons of time & patience**
* **A pinch of warm personality**
* **A dash of humor**

**Measure words carefully. Add heaping cups of understanding using generous amounts of time and patience; cook with gas on front burner; keep temperature low – DO NOT BOIL. Add a dash of humor and a pinch of warm personality; season to taste with Spice of Life; serve in individual molds. (Bedside Bits)**

**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)***

**People say money is not the key to happiness, but I have always figured if you have enough money, you can have a key made. *(Joan Rivers)***

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

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

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Mankind has become so much one family that we cannot insure our own prosperity except by insuring that of everyone else. If you wish to be happy yourself, you must resign yourself to seeing others also happy. *(Bertrand Russell)***

**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)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**I am kind of paranoid in reverse. I suspect people of plotting to make me happy. (J. D. Salinger)**

**People will be happy in about the same degree as they are helpful. (Bits & Pieces) 9209017**

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

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

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

**Wise man: “I am the world's greatest scholar and philosopher! My life has been spent searching for the universal secret of happiness! And after years of exhaustive investigation, I've finally discovered that secret! It isn't career success, it isn't accumulating great wealth, and it isn't enduring fame!” People ask: “What is it, O great wise one? What is it?” Wise man: “Spaghetti and meatballs.” (Chris Browne, in Hagar the Horrible comic strip)**

**Wise man: “Fasting, sobriety, and poverty -- that is the secret of happiness.” Hagar: “How many points do I get for poverty?” (Chris Browne, in Hagar The Horrible comic strip)**

**Hagar: “What is the secret to happiness, wise one?” Wise man: “A soft pillow.” Hagar: “A soft pillow? That doesn't make any sense!” Wise man: “It does when you've been sitting on a rock for twenty years.” (Dik Browne, in Hagar The Horrible comic strip)**

**One of the secrets of a happy life is continuous small treats, and if some of these can be inexpensive and quickly procured so much the better. (Iris Murdoch)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**We must select the illusion which appeals to our temperament and embrace it with passion, if we want to be happy. *(Cyril Connolly)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**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)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**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)**

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

**A man doesn't know what happiness is until he's married. By then, it's too late. *(Frank Sinatra, singer)***

**To achieve our ultimate goals is not happiness; it is to be able to solve our problems along the way. (Bits & Pieces)**

**There are lots of ways of being miserable, but there's only one way of being comfortable, and that is to stop running round after happiness. (Edith Wharton, author)**

**I'm glad I don't have to be happy every day -- the strain might seriously damage my health. (Ashleigh Brilliant, in Pot-Shots)**

**Doctor says to patient: “You have a pretty good constitution, but take it easy with the pursuit of happiness.” (The Saturday Evening Post cartoon)**

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

**The happiest people are rarely the richest, or the most beautiful, or even the most talented. Happy people do not depend on excitement and “fun” supplied by externals. They enjoy the fundamental, often very simple, things of life. They waste no time thinking other pastures are greener; they do not yearn for yesterday or tomorrow. They savor the moment, glad to be alive, enjoying their work, their families, the good things around them. They are adaptable; they can bend with the wind, adjust to the changes in their times, enjoy the contests of life, and feel themselves in harmony with the world. Their eyes are turned outward, they are aware, compassionate. They have the capacity to love. *(Jack Canfield) 9309022***

**To be happy with a man, you must understand him a lot and love him a little. To be happy with a woman, you must love her a lot and not try to understand her at all. (Helen Rowland)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

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

**Man is meant for happiness and this happiness is in him, in the satisfaction of the daily needs of his existence. (Leo Tolstoy)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

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

**Happiness is the greatest beauty secret. (Tina Turner, in Pinkvilla)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

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

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

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

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

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

**Nelson: “Gramma, can we go to the video arcade?” Grandma: “No.” Nelson: “How come we never do anything fun?” Grandma: “We don't need to.” Nelson: “Why not?” Grandma: “Because we're happy. Happy people don't need to have fun.” (Brian Crane, in Pickles comic strip)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

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

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

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

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

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

**Where people are happiest: Want to be happy? Then consider moving to Provo-Orem, Utah. That community reported the highest level of well-being in the U.S. last year. The results from the latest Gallup survey, which rates the well-being of residents in 189 metropolitan areas, found people’s overall contentment to be higher in the Midwest and West and lower in the South. The Ashland-Huntington area, where Ohio, Kentucky, and West Virginia meet, came in last. The poll, now in its sixth year, is based on more than 500,000 interviews covering emotional and physical health, job satisfaction, safety, and access to food, shelter, and health care. “Our goal is to get leaders thinking about how they can enhance well-being,” Gallup director of client services Patrick Bogart tells USA Today. Different cities excelled in various categories. The San Francisco Bay Area led the way among metros with 1 million or more residents. Honolulu was best for emotional health. Michigan’s Holland-Grand Haven led the way for physical health and access to basic necessities, while Salinas, California, took the No. 1 slot for healthy behavior. (The Week magazine, April 11, 2014)**

**My wife and I were happy for 20 years. Then we met. *(Henny Youngman)***

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

**Charlie Brown says to another child: “You know what? Yesterday I was almost happy. For one brief moment I thought I was winning in the game of life, but there was a flag on the play!” *(Charles Schulz, in Peanuts comic strip)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**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)**

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

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**If one only wished to be happy, this could be easily accomplished; but we wish to be happier than other people, and this is always difficult, for we believe others to be happier than they are. (Montesquieu)**

**During the first 13 years of marriage, unhappy wives gain 42.6 pounds. So report the survey takers. They don’t make clear whether it’s unhappiness that makes them gain weight or the weight gain that makes them unhappy. Happy wives, they say, put on only 18.4 pounds. (L. M. Boyd)**

**Helga: “After I slop out the hogs, I'll muck out the stable, and then I'll pull out the tree stumps before I plow the fields.” Hagar then says to his servant: “Women seem happier when they have a job outside the home.” (Chris Browne, in Hagar The Horrible comic strip)**

**Good week for: Nordic life, after Finland, Denmark, Iceland, and Sweden got the four top rankings in the annual World Happiness Report, based on a survey of citizens. The U.S. hit an all-time low, tumbling to 23rd. *(The Week magazine, March 29, 2024)***

**If you are worried that you'll never be happy again, know that during 2008, 80% of Americans were satisfied with how things were going in their personal life at the time. How you feel about life isn't always ruled by the economy and current events. During the worst of the Great Recession, 47 percent of Americans polled by Gallup said they were very satisfied with their life; another 33 percent were "somewhat" satisfied. Recent polls , mostly conducted before the death of George Floyd, showed mixed results. Seventy-two percent of people surveyed by Gallup from late April to early May said that they had felt happy "a lot" the previous day, up from 67 percent one month earlier. A survey conducted in late May by the University of Chicago's NORC found a sharp decline in people who said they were "very happy" but an increase, to over 60 percent, in the share of Americans who said they were "pretty happy." (Kimberly Lankford, in AARP - The Magazine / Real Possibilities)**

**It is not enough to pay attention to good things that happen to you, Rick Hanson, a psychologist at the University of California, Berkeley’s Greater Good Science Center, says. You have to marinate in them. In practice, that means focusing your full attention on each positive moment for at least 20 minutes at a time, reflecting specifically on the experience and what you love about it. When Hanson’s students tried these techniques in his 18-hour course, they reported more positive emotions and more overall happiness. (Elizabeth Svoboda, in Discover magazine)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***