

WHY AREN'T I HAPPY?

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by

Eugene Roberts.

**Dedicated to my dear family.
God bless them.**

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Part 2.

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- Change with the times.
- Take timeout for fun & relaxation.
- Keep fit and healthy.
- Nurture your spirituality.

Part 3.

- The reality of Reality T.V.
- The cult of youth.
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Chapter 1

What Makes *You* Happy?

Here's what some famous people had to say about happiness:

"BEING HAPPY IS SOMETHING YOU HAVE TO LEARN. I OFTEN SURPRISE MYSELF BY SAYING 'WOW, THIS IS IT...I GUESS I'M HAPPY. I'VE GOT A HOME I LOVE; A CAREER I LOVE; I'M EVEN FEELING MORE AND MORE AT PEACE WITH MYSELF'. IF THERE'S SOMETHING ELSE TO HAPPINESS, LET ME KNOW. I'M AMBITIOUS FOR THAT TOO."

Harrison Ford.

"Happiness Is a Warm Gun"

**Lennon/McCartney
The Beatles (The White Album).**

*"Most people are about as happy
as they make up their minds to be."*

Abraham Lincoln.

**"Happiness in intelligent people is the rarest thing I know."
ERNEST HEMINGWAY.**

- 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 month...get married.***
- If you want happiness for a year...inherit great wealth.***
- If you want happiness for a lifetime...help others.***

Chinese Proverb.

“I can’t quite explain it, but I don’t believe one can ever be unhappy for long provided one does just exactly what one wants to and when one wants to.”

Evelyn Waugh (1903-1966)
(Decline and Fall, 1928).

“Happiness: a good bank account, a cook, and a good digestion.”

Jean-Jacques Rousseau (1712-1778).

“Beer is living proof that God loves us and wants us to be happy.”

Benjamin Franklin.

“Nobody really cares if you’re miserable, so you might as well be happy.”

Cynthia Nelms.

WHY AREN'T I HAPPY?

“Be happy while you’re living, for you’re a long time dead.”
Scottish Proverb.

**“Happiness is having a large, loving, caring close-knit family
.....in another city.”**

GEORGE BURNS.

**“Some cause happiness wherever they go;
others whenever they go.”**

Oscar Wilde.

**“WINNERS ARE
GRINNERS!”**

Automobile Advert.

**“We act as though comfort and luxury
were the chief requirements of life,
when all that we need to make us really
happy is something to be enthusiastic
about.”**

John Mason Brown.

DON'T WORRY, BE HAPPY.

Song title.

**“Yesterday is ashes, tomorrow wood.
Only today does the fire burn brightly.”**

Eskimo proverb.

**If you depend on
someone for your
happiness, you
are becoming a slave.**

BHAGWAN SHREE RAJNEESH.

**“Fine food, fine clothes, fine women, and fine
cars...what else is there in life?”**

Eugene Roberts.

**“It is our job to make women
unhappy with what they have.”**

B. Earl Puckett,
(On advertising...
Book of Twentieth-Century
American Quotations, 1992).

***“If you obey all the rules,
you miss all the fun.”***

Katherine Hepburn.

“The trouble with being in the rat race is that even if you win you’re still a rat!”

Lily Tomlin.

“Happiness is a positive cash flow.”

Fred Adler.

“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.”

Helen Keller.

“You say grace before meals. All right, but I say grace before the concert, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing, and grace before I dip the pen in ink.”

G. K. Chesterton.

Happy...contented with one’s lot.

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NEXT MONTH...

Chapter 2. How Happy is Everyone Else?

Part1.

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- Does age affect happiness?
- Turning points in life.
- Can religion make us happy?