

Judging people by their looks and speech or a path to happiness

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Full Where True Happiness Resides According to the Declaration of Independence, happiness is an unalienable right. Indeed, happiness is an intrinsic need that every individual has a right to regardless of color, age, gender and economic status. One of the circumstances that bring about happiness is freedom which is why people have fought for it even until death. When someone is free, he is able to enjoy the beautiful things in life just like leisure, marriage, education, fame and money. Nevertheless, it is known that despite the achievements of such things, people seem to never be contented with what they have. In effect, the discontentment that results from wanting more and more causes people to realize what really matters most in life that would make a person contentedly happy. This paper will look deeper into the accumulation of the aforementioned things known to man that would make him happy. Moreover, the paper look into what real happiness is like. Leisure is perhaps the first that comes to mind when people speak about happiness. There would be imaginings of delicious food to be shared with friends and family, beautiful places to go to, things to buy and enjoyable things to do. Truly, one can feel happy when there is food on the table and what more delight would there be if all the food that is set are delectable. What more, eating would be much fun when one eats with the people he loves like family and friends. However, when the food and company are gone, the happiness seems to go away with them. Unquestionably, beautiful sights make the heart lighter so that they become the escape of people when they feel tired and bored from their fast-paced repetitive lifestyles. However, the happiness one gets from visiting wonderful places is as temporary as that which derived from food and company.

Another pleasurable activity that people indulge in is buying things that make them happy but they later find out when they have come to their senses that the things they bought are not actually not needed at all. People also engage in enjoyable activities such as picnics, engaging in sports and socializing. Of course there is nothing wrong in becoming sociable and sports enthusiast but the problem is, most people seek happiness in those things but then they become discouraged and dissatisfied because the happiness they are looking for are there only when they are engaging in the said activities in the company of other people. Reality then sinks in when one is alone and a person realizes that his engagements after all are meaningless because he just caused himself to work more to earn more and to be able to engage more in his activities and therefore finds himself tired and sad.

Another source of happiness that people look forward to is marriage. Many people think that marriage will complete their beings and therefore bring them happiness. Nevertheless, many have proven that marriage brings more problems that make people sad rather than happy. Some couples even believe that if only they have children, they could become a really happy family. However, the additional responsibilities and challenges children bring into the family rather create an opposite atmosphere. Along with the freedom that peoples have acquired, education became a priority in their pursuit for happiness. In the globally competitive world that we live in, education is becoming more and more of a necessity than a privilege. For this reason, it is believed that getting a degree will make people happy. This is so because people believe that education is a means to finding a stable job that would provide them the money which they can use to buy all the

things they know would make them happy. Still, there are educated people living pathetic lives. There are many unemployed college graduates or degree holders working the jobs they never expected to have, being paid with a low rate. As a result, they are not happy with their lives and they fall into depression. Some have climbed the top of the ladder of success through their talents. They thought that it would be that which would bring them ultimate happiness in life. Their lives are fanciful and the envy of most people because they seem to have everything at the tip of their hands. They indulge in merriments, endless trips and having new wardrobes daily, expensive cars that are oftentimes not used, houses and relationships here and there. Many have become famous artists, earning millions of dollars. Nevertheless, so many of them have proven that money and fame are not the real answers to becoming happy, too. It is pathetic that after all the examples that the world has witnessed, people are still not realizing what true happiness is. It is high time that we should realize that real happiness is a state of mind that is manifested when there is contentment in what one has. If a person learns to set limits to himself and be satisfied with what he is able to acquire in the sanest manner and time possible, then there would be contentment. Where there is contentment, there would be happiness. It is a choice that an individual makes.