

Sample essay on cited works

[Psychology](#), [Success](#)



Reflection paper

Happiness in every sphere of our lives is something that every individual is trying to reach. Happiness cannot be universally defined because it is an individual feeling. Nietzsche tried to define happiness from a philosophical point of view, and frame it with recipe for fulfillment of happiness. From my standpoint, Nietzsche analyzed the feeling of happiness that appears when one accomplishes something after the long series of failures and misfortune. This is a feeling of accomplishes, satisfaction, but not a feeling of long-lasting happiness.

Nietzsche's theory can be applied as a road to success. In order for someone to become fulfilled, one has to be able to emerge from the failure stronger and wiser, and to learn a lesson based on this failure. Nietzsche points out, "To those human beings who are of any concern to me, I wish suffering, desolation, sickness, ill treatment, indignities, profound self-contempt, the torture of self-mistrust, and the wretchedness of the vanquished." ("Nietzsche on Hardship-Philosophy: A Guide to Happiness"). The philosopher indicates that an individual can succeed only if he strives hard and does not accept its destiny as something inevitable. We are the ones who create and control our destiny. If we endure everything bad and wrongful that happens in our lives, then we will appreciate and enjoy the peak of the success. In this philosophy, there is no place for mediocrity.

In addition to Nietzsche's manual to happiness, the escapism from troubles, and hiding behind the veil of alcohol or a religion have never brought a success. The avoidance of problems leads to depression and to inability to learn something from life. Nietzsche notes, "Live dangerously, life is a

serious business" (" Nietzsche on Hardship-Philosophy: A Guide to Happiness"). This has proved many times to be true, because people who indulge themselves in alcoholism or become radical in religion are weak to deal with their own personal failures and demons. The question that eradicates from this statement is the following: If people found happiness in religion and alcohol and lived a dull but happy life are they less happy than the ones who fought through life and after completing each goal strived for a new one?

Confrontation with problems can be of major influence if a person is wise enough to use it as an advantage. That is the case with poor but intelligent Frances Lefkowitz. This young girl kept her family, place of residence, and origin away from, " kids, mostly white, many Jewish, who wore braces and were driven to and from school by their parents and who brought homemade lunches in crisp white paper bags" (Lefkowitz 1). Through her teenage years, Frances never had the courage to confront her middle-class friends with her reality. The masque of pretending was difficult, and she wore it constantly on alert watching out if someone would enter her world. However, when she finally decided to open her true self, to strip her masque, the feeling of relief overwhelmed her. Frances turned her poverty to any advantage, because she felt revealed and emphasized that poor people can also be smart and that even though she did not have a big house and a maid this did not mean that she was less intelligent than the other " gifted" children. Does this mean that she has reached a state of happiness? No.

Happiness is a relative term. The material prosperity and business success do not necessarily need to lead towards happiness. A person who dares to

live according to Nietzsche's view of happiness will certainly have a fulfilled life, but the happiness is not the guaranteed outcome.

Lefkowitz, Frances. " The Gifted Classes". The Sun Magazine, January 2003.

Web. 27 May 2014. < <http://thesunmagazine.org/>>

" Nietzsche on Hardship-Philosophy: A Guide to Happiness". nd. Web. 27 May 2014.