

Good example of essay on happiness

[Experience](#), [Happiness](#)



What is happiness? This question is discussed for many years, but the exact answer is still absent. Every person recognizes it in his own way, for some people it is the ability to express one's thoughts and feelings, to have a car, a well-equipped flat or a purse full of money, while for others – a piece of bread and shelter over the head. I believe that happiness is not in the material things, but in the faithful friends, that are always ready to help, strong and healthy family that will support you in any inception, ability to see the beauty and perfection of the world. What makes us happy?

As Wallis (2005) states, happiness is closely related to the primary needs of people (food, place to live, all senses and feelings), while education, style of life or even youth has nothing to do with it. Nowadays people pay too much attention to the things that bring them just the illusion of happiness. At the same time, the ability to feel happiness and to enjoy it is hard to reach. The feeling of happiness is completely subjective as the reasons and the results are different (Wallis, 2005). Can we be happy alone? Can we share it with someone else? I believe that we have to, as the happiness is the feeling that unites people. Even every person is the result of happiness (many people answering the question what the happiness is for them mention a child).

Myers and Jeeves (146-147) mention the fact that money is not the component of happiness as sometimes they bring evil and cruelty, not kindness and welfare. Andrew Tobias says that you can buy things that bring you happiness, but money is just the tool, not the result. Nowadays our life is impossible without money and in minds of thousands they are associated with something positive and majestic.

Rich and noble people are not necessarily happy and most of time they are ignorant to the needs of ordinary men. Myers and Jeeves (152) state that happy people are more helpful, but sometimes they have nothing to do with the rich ones.

Happiness in the state of body and mind that is different for everyone. Do not miss the chance to be happy!

References

Myers, D. G. & M. A. Jeeves. (2003). Psychology through the Eyes of Faith. HarperSanFrancisco, 146-157.

Wallis C. (2005). The New Science of Happiness. Mind & Body. Time Magazine. Print.