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Quotes about Happiness

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Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.

- Addison, Joseph

True happiness arises, in the first place, from the enjoyment of one's self, and in the next, from the friendship and conversation of a few select companions.

- Addison, Joseph

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for.

- Addison, Joseph

Happiness is a positive cash flow.

- Adler, Fred

Call no man happy till he is dead.

- Aeschylus

Happy is the son whose faith in his mother remains unchallenged.

- Alcott, Louisa May

It isn't necessary to be rich and famous to be happy. It's only necessary to be rich.

- Alda, Alan

To live we must conquer incessantly, we must have the courage to be happy.

- Amiel, Henri Frederic

Only one thing has to change for us to know happiness in our lives: where we focus our attention.

- Anderson, Greg

No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change.

- Angelis, Barbara De

Now and then it's good to pause in our pursuit of happiness and just be happy.

- Apollinaire, Guillaume

If happiness is activity in accordance with excellence, it is reasonable that it should be in accordance with the highest excellence.

- Aristotle

Happiness is activity.

- Aristotle

Happiness depends upon ourselves.

- Aristotle

Happiness is a sort of action.

- Aristotle

The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature.

- Aurelius, Marcus

Remember that very little is needed to make a happy life.

- Aurelius, Marcus

The really happy man never laughs -- seldom -- though he may smile. He does not need to laugh, for laughter, like weeping is a relief of mental tension -- and the happy are not over strung.

- Aveling, Prof. F. A. P.

Happiness is a small and unworthy goal for something as big and fancy as a whole lifetime, and should be taken in small doses.

- Baker, Russell (Wayne)

Real happiness is cheap enough, yet how dearly we pay for its counterfeit.

- Ballou, Hosea

The secret of happiness is not in doing what one likes, but in liking what one does.

- Barrie, Sir James M.

Happiness is a conscious choice, not an automatic response.

- Barthel, Mildred

We find greatest joy, not in getting, but in expressing what we are. Men do not really live for honors or for pay; their gladness is not the taking and holding, but in doing, the striving, the building, the living. It is a higher joy to teach than to be taught. It is good to get justice, but better to do it; fun to have things but more to make them. The happy man is he who lives the life of love, not for the honors it may bring, but for the life itself.

- Baughan, R.J.

Happiness includes chiefly the idea of satisfaction after full honest effort. No one can possibly be satisfied and no one can be happy who feels that in some paramount affairs he failed to take up the challenge of life.

- Bennett, Arnold

Happiness is like a cat, If you try to coax it or call it, it will avoid you; it will never come. But if you pay not attention to it and go about your business, you'll find it rubbing against your legs and jumping into your lap.

- Bennett, William John

When one is happy there is no time to be fatigued; being happy engrosses the whole attention.

- Benson, Edward Frederic

The said truth is that it is the greatest happiness of the greatest number that is the measure of right and wrong.

- Bentham, Jeremy

Happiness is good health and a bad memory.

- Bergman, Ingrid

There is no greater joy than that of feeling oneself a creator. The triumph of life is expressed by creation.

- Bergson, Henri L.

Happiness is an agreeable sensation, arising from contemplating the misery of others.

- Bierce, Ambrose

A good way I know to find happiness, is to not bore a hole to fit the plug.

- Billings, Josh

If you ever find happiness by hunting for it, you will find it as the old woman did her lost spectacles. Safe on her own nose all the time.

- Billings, Josh

The world's literature and folklore are full of stories that point out how futile it can be to seek happiness. Rather, happiness is a blessing that comes to you as you go along; a treasure that you incidentally find.

- Binstock, Louis

It is the paradox of life that the way to miss pleasure is to seek it first. The very first condition of lasting happiness is that a life should be full of purpose, aiming at something outside self.

- Black, Hugo

The truth is that all of us attain the greatest success and happiness possible in this life whenever we use our native capacities to their greatest extent.

- Blanton, Smiley

Not only is there a right to be happy, there is a duty to be happy. So much sadness exists in the world that we are all under obligation to contribute as much joy as lies within our powers.

- Bonnell, John S.

All you need for happiness is a good gun, a good horse, and a good wife.

- Boone, Daniel

We all want to be happy, and we're all going to die. You might say those are the only two unchallengeably true facts that apply to every human being on this planet.

- Boyd, William

Celebrate the happiness that friends are always giving, make every day a holiday and celebrate just living!

- Bradley, Amanda

The Greeks said grandly in their tragic phrase, Let no one be called happy till his death; to which I would add, Let no one, till his death be called unhappy.

- Browning, Elizabeth Barrett

What would you call the highest happiness? Wratislaw was ask. The sense of competence, was the answer, given without hesitation.

- Buchan, John

Happiness comes more from loving than being loved; and often when our affection seems wounded it is only our vanity bleeding. To love, and to be hurt often, and to love again --

this is the brave and happy life.

- Buckrose, J.E

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.

- Buddha

Happiness and virtue rest upon each other; the best are not only the happiest, but the happiest are usually the best.

- Bulwer-Lytton, Edward G.

What ever our wandering our happiness will always be found within a narrow compass, and in the middle of the objects more immediately within our reach.

- Bulwer-Lytton, Edward G.

The secret of happiness is something to do.

- Burroughs, John

To have joy one must share it. Happiness was born a twin.

- Byron, Lord

When you have once seen the glow of happiness on the face of a beloved person, you know that a man can have no vocation but to awaken that light on the faces surrounding

him; and you are torn by the thought of the unhappiness and night you cast, by the mere fact of living, in the hearts you encounter.

- Camus, Albert

To be happy we must not be too concerned with others.

- Camus, Albert

But what is happiness except the simple harmony between a person and life they lead.

- Camus, Albert

The only happiness a brave person ever troubles themselves in asking about, is happiness enough to get their work done.

- Carlyle, Thomas

But the whim we have of happiness is somewhat thus. By certain valuations, and averages, of our own striking, we come upon some sort of average terrestrial lot; this we fancy belongs to us by nature, and of indefeasible rights. It is simple payment of our wages, of our deserts; requires neither thanks nor complaint. Foolish soul! What act of legislature was there that thou shouldst be happy? A little while ago thou hadst no right to be at all.

- Carlyle, Thomas

Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think.

- Carnegie, Dale

Did you ever see an unhappy horse? Did you ever see bird that had the blues? One reason why birds and horses are not unhappy is because they are not trying to impress other birds and horses.

- Carnegie, Dale

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.

- Carnegie, Dale

In order to have great happiness, you have to have great pain and unhappiness-otherwise how would you know when you're happy?

- Caron, Leslie

That is happiness: to be dissolved into something complete and great.

- Cather, Willa

It seldom happens that any felicity comes so pure as not to be tempered and allayed by some mixture of sorrow.

- Cervantes, Miguel De

They say a person needs just three things to be truly happy in this world. Someone to love, something to do, and something to hope for.

- Chalmers, Allan K.

Holiness, not happiness, is the chief end of man.

- Chambers, Oswald

The creed of a true saint is to make the best of life, and to make the most of it.

- Chapin, Edwin Hubbel

Happiness is a mystery, like religion, and should never be rationalized.

- Chesterton, Gilbert K.

Happiness is a continuation of happenings which are not resisted.

- Chopra, Deepak

Happiness is the absence of the striving for happiness.

- Chuang Tzu

We think a happy life consists in tranquility of mind.

- Cicero, Marcus T.

Happiness is a hard thing because it is achieved only by making others happy.

- Cloete, Stuart

The greatest joy of life is to love and be loved.

- Clyde, R.D.

Happiness, or misery, is in the mind. It is the mind that lives.

- Cobbett, William

Be happy or die.

- Cohen, Rob

There is this difference between happiness and wisdom, that he that thinks himself the happiest man, really is so; but he who thinks himself the wisest, is generally the greatest fool.

- Colton, Charles Caleb

Happiness, that grand mistress of the ceremonies in the dance of life, impels us through all its mazes and meandering, but leads none of us by the same route

- Colton, Charles Caleb

We take greater pains to persuade others we are happy than in trying to think so ourselves.

- Confucius

Happiness seems made to be shared.

- Corneille, Pierre

Happiness lies first of all in health.

- Curtis, George William

Happiness is not something ready made. It comes from your own actions.

- Dalai Lama

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

- Dalai Lama

Happiness is always a by-product. It is probably a matter of temperament, and for anything I know it may be glandular. But it is not something that can be demanded from life, and if you are not happy you had better stop worrying about it and see what treasures you can pluck from your own brand of unhappiness.

- Davies, Robertson

Happiness resides not in possessions, and not in gold, happiness dwells in the soul.

- Democritus

Such happiness as life is capable of comes from the full participation of all our powers in the endeavor to wrest from each changing situations of experience its own full and unique meaning.

- Dewey, John

Gaiety --a quality of ordinary men. Genius always presupposes some disorder in the machine.

- Diderot, Denis

The happiness of most people we know is not ruined by great catastrophes or fatal errors, but by the repetition of slowly destructive little things.

- Dimmet, Ernest

The greatest happiness is to know the source of unhappiness.

- Dostoevsky, Fyodor

Happiness does not lie in happiness, but in the achievement of it.

- Dostoevsky, Fyodor

Shall I give you my recipe for happiness? I find everything useful and nothing indispensable. I find everything wonderful and nothing miraculous. I reverence the body. I avoid first causes like the plague.

- Douglas, Norman

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.

- Downs, Hugh

Happiness is like those palaces in fairy tales whose gates are guarded by dragons: we must fight in order to conquer it.

- Dumas, Alexandre

It's never too late to have a happy childhood.

- Dyer, Wayne

There is no way to happiness. Happiness is the way.

- Dyer, Wayne

Happiness is like manna; it is to be gathered in grains, and enjoyed every day. It will not keep; it cannot be accumulated; nor have we got to go out of ourselves or into remote places to gather it, since it has rained down from a Heaven, at our very door

- Edwards, Tryon

To fill the hour -- that is happiness.

- Emerson, Ralph Waldo

I look on that man as happy, who, when there is question of success, looks into his work for a reply.

- Emerson, Ralph Waldo

Happiness is a perfume which you cannot pour on someone without getting some on yourself.

- Emerson, Ralph Waldo

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.

- Epictetus

Whoever does not regard what he has as most ample wealth, is unhappy, though he be master of the world.

- Epictetus

If thou wilt make a man happy, add not unto his riches but take away from his desires.

- Epicurus

It is impossible to live a pleasant life without living wisely and well and justly. And it is impossible to live wisely and well and justly without living a pleasant life.

- Epicurus

It is the chiefest point of happiness that a man is willing to be what he is.

- Erasmus, Desiderius

Farms and in castles, in homes, studies, and cloisters -- where sensible people manage to live relatively lusty and decent lives, as moral as they must be, as free as they may be, and as masterly as they can be. If we only knew it, this elusive arrangement is happiness.

- Erikson, Erik H.

Enjoy your happiness while you have it, and while, you have it do not too closely scrutinize its foundation.

- Farrall, Joseph

Some of us might find happiness if we quit struggling so desperately for it.

- Feather, William

One of the indictments of civilizations is that happiness and intelligence are so rarely found in the same person.

- Feather, William

If we cannot live so as to be happy, let us so live as to deserve happiness.

- Fichte, Johann G.

To be happy is not the purpose of our being rather it is to deserve happiness.

- Fichte, Johann G.

Scarcely one person in a thousand is capable of tasting the happiness of others.

- Fielding, Henry

A great obstacle to happiness is to expect too much happiness.

- Fontenelle, Bernard Le Bovier

When what we are is what we want to be, that's happiness.

- Forbes, Malcolm S.

Happy were men if they but understood There is no safety but in doing good

- Fountain., John

Whoever is happy will make others happy too.

- Frank, Anne

There are two ways of being happy: We must either diminish our wants or augment our means -- either may do -- the result is the same and it is for each man to decide for himself and to do that which happens to be easier.

- Franklin, Benjamin

Happiness consists more in small conveniences of pleasures that occur every day, than in

great pieces of good fortune that happen but seldom to a man in the course of his life.

- Franklin, Benjamin

One feels inclined to say that the intention that man should be happy is not included in the plan of Creation.

- Freud, Sigmund

Happiness makes up in height for what it lacks in length.

- Frost, Robert

Happiness is when what you think, what you say, and what you do are in harmony.

- Gandhi, Mahatma

True happiness involves the full use of one's power and talents.

- Gardner, John W.

The hardest habit of all to break is the terrible habit of happiness.

- Garrison, Theodosia

Do you want my one-word secret of happiness -- It's growth -- mental, financial, you name it.

- Geneen, Harold S.

There's a hope for every woe, and a balm for every pain, but the first joys of our heart
come never back again!

- Gilfillan, Robert

Happiness... is not a destination: it is a manner of traveling. Happiness is not an end in
itself. It is a by-product of working, playing, loving and living.

- Ginott, Haim

The most happy man is he who knows how to bring into relation the end and beginning of
his life.

- Goethe, Johann Wolfgang Von

The man who is born with a talent which he was meant to use finds his greatest
happiness in using it.

- Goethe, Johann Wolfgang Von

What makes people happy is activity; changing evil itself into good by power, working in a
God like manner.

- Goethe, Johann Wolfgang Von

The highest happiness of man is to have probed what is knowable and quietly to revere
what is unknowable.

- Goethe, Johann Wolfgang Von

A person is never happy till their vague strivings has itself marked out its proper limitations.

- Goethe, Johann Wolfgang Von

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

- Goethe, Johann Wolfgang Von

If frugality were established in the state, and if our expenses were laid out to meet needs rather than superfluities of life, there might be fewer wants, and even fewer pleasures, but infinitely more happiness.

- Goldsmith, Oliver

Remember that happiness is a way of travel, not a destination.

- Goodman, Roy

Happiness... she loves, to see men at work. She loves sweat, weariness, self sacrifice. She will be found not in places but lurking in cornfields and factories; and hovering over littered desks; she crowns the unconscious head of the busy child.

- Grayson, David

Point me out the happy man and I will point you out either egotism, selfishness, evil --or

else an absolute ignorance.

- Greene, Graham

Happiness held is the seed; Happiness shared is the flower- Author Unknown
People need your love the most when they appear to deserve it the least.

- Harrigan, John

Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us a wild-goose chase, and is never attained.

- Hawthorne, Nathaniel

Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.

- Hawthorne, Nathaniel

Look up, laugh loud, talk big, keep the color in your cheek and the fire in your eye, adorn your person, maintain your health, your beauty and your animal spirits.

- Hazlitt, William

If you were happy every day of your life you wouldn't be a human being, you'd be a game show host.

- Heatter, Gabriel

Happiness lies in being privileged to work hard for long hours in doing whatever you think is worth doing. One man may find happiness in supporting a wife and children. Another may find it in robbing banks. Still another may labor mightily for years in pursuing pure research with no discernible result. Note the individual and subjective nature of each case. No two are alike and there is no reason to expect them to be. Each man or woman must find for himself or herself that occupation in which hard work and long hours make him or her happy. Contrariwise, if you are looking for shorter hours and longer vacations and early retirement, you are in the wrong job. Perhaps you need to take up bank robbing. Or geeking in a sideshow. Or even politics.

- Heinlein, Robert

Happiness is a how, not a what: a talent, not an object

- Hesse, Hermann

The loss of wealth is loss of dirt, as sages in all times assert; The happy man's without a shirt.

- Heywood, John

Happiness is not a destination. It is a method of life.

- Hills, Burton

The search for happiness is one of the chief sources of unhappiness.

- Hoffer, Eric

Happiness requires problems

- Hollingworth, H. L.

When we recall the past, we usually find that it is the simplest things -- not the great occasions -- that in retrospect give off the greatest glow of happiness.

- Hope, Bob

You traverse the world in search of happiness, which is within the reach of every man. A contented mind confers it on all.

- Horace

To buy happiness is to sell soul.

- Horton, Doug

It's not a question of happiness, it's a requirement. Consider the alternative.

- Horton, Doug

Happiness in the present is only shattered by comparison with the past.

- Horton, Doug

You have succeeded in life when all you really want is only what you really need.

- Howard, Vernon

The mintage of wisdom is to know that rest is rust, and that real life is love, laughter, and work.

- Hubbard, Elbert

It is pretty hard to tell what does bring happiness; poverty and wealth have both failed.

- Hubbard, Kin

Life's greatest happiness is to be convinced we are loved.

- Hugo, Victor

I am more and more convinced that our happiness or our unhappiness depends far more on the way we meet the events of life than on the nature of those events themselves.

- Humboldt, Karl Wilhelm Von

The great end of all human industry is the attainment of happiness. For this were arts invented, sciences cultivated, laws ordained, and societies modeled, by the most profound wisdom of patriots and legislators. Even the lonely savage, who lies exposed to the inclemency of the elements and the fury of wild beasts, forgets not, for a moment, this grand object of his being.

- Hume, David

Human happiness seems to consist in three ingredients; action, pleasure and indolence. And though these ingredients ought to be mixed in different proportions, according to the disposition of the person, yet no one ingredient can be entirely wanting without destroying

in some measure the relish of the whole composition. composition.

- Hume, David

I can sympathize with people's pains, but not with their pleasures. There is something curiously boring about somebody else's happiness.

- Huxley, Aldous

Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.

- Ingersoll, Robert Green

Happiness is not a reward -- it is a consequence. Suffering is not a punishment -- it is a result.

- Ingersoll, Robert Green

Those who seek happiness miss it, and those who discuss it, lack it.

- Jackson, Holbrook

Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed. which give happiness. Thomas Jefferson We never enjoy perfect happiness; our most fortunate successes are mingled with sadness; some anxieties always perplex the reality of our satisfaction.

- James, William

The really happy person is the one who can enjoy the scenery, even when they have to take a detour.

- Jeans, Sir James

Happiness is not being pained in body or troubled in mind.

- Jefferson, Thomas

Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.

- Jefferson, Thomas

A mind always employed is always happy. This is the true secret, the grand recipe, for felicity.

- Jefferson, Thomas

Happiness grows at our own firesides, and is not to be picked in stranger's gardens.

- Jerrold, Douglas William

Sir, that all who are happy, are equally happy, is not true. A peasant and a philosopher may be equally satisfied, but not equally happy. Happiness consists in the multiplicity of agreeable consciousness.

- Johnson, Samuel

To strive with difficulties, and to conquer them, is the highest human felicity.

- Johnson, Samuel

We are long before we are convinced that happiness is never to be found; and each believes it possessed by others, to keep alive the hope of obtaining it for himself.

- Johnson, Samuel

Happiness is not a state to arrive at, rather, a manner of traveling.

- Johnson, Samuel

For who is pleased with himself.

- Johnson, Samuel

If you can't be happy where you are, it's a cinch you can't be happy where you ain't.

- Jones, Charles "Tremendous"

True happiness consists not in the multitude of friends, but in the worth and choice.

- Jonson, Ben

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they

come along with patience and equanimity.

- Jung, Carl

In theory there is a possibility of perfect happiness: To believe in the indestructible element within one, and not to strive towards it.

- Kafka, Franz

It is not God's will merely that we should be happy, but that we should make ourselves happy

- Kant, Immanuel

Many people have the wrong idea of what constitutes true happiness. It is not attained through self-gratification, but through fidelity to a worthy purpose.

- Keller, Helen

True happiness is the full use of your powers along lines of excellence in a life affording scope.

- Kennedy, John F.

My happiness derives from knowing the people I love are happy.

- Ketchel, Holly

Happiness is experienced when your life gives you what you are willing to accept.

- Keyes Jr., Ken

The secret of happiness and prosperity in this world, as in the world to come, lies in thinking of the welfare of others first, and not taking one's self too seriously.

- Kindleberger, J.

I'm fulfilled in what I do... I never thought that a lot of money or fine clothes -- the finer things of life -- would make you happy. My concept of happiness is to be filled in a spiritual sense.

- King, Coretta Scott

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.

- Kingsley, Charles

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.

- Koenig, Frederick

Happiness is the longing for repetition.

- Kundera, Milan

We are more interested in making others believe we are happy than in trying to be happy

ourselves.

- La Rochefoucauld, Francois De

We are never so happy nor so unhappy as we imagine.

- La Rochefoucauld, Francois De

No thoroughly occupied man was ever yet very miserable.

- Landon, Letitia Elizabeth

We cannot be contented because we are happy, and we cannot be happy because we are contented.

- Landor, Walter Savage

We are no longer happy as soon as we wish to be happier.

- Landor, Walter Savage

Happiness is something that comes into our lives through doors we don't even remember leaving open.

- Lane, Rose Wilder

Seek not happiness too greedily, and be not fearful of unhappiness.

- Lao-Tzu

I am learning to understand rather than immediately judge or to be judged. I cannot blindly follow the crowd and accept their approach. I will not allow myself to indulge in the usual manipulating game of role creation. Fortunately for me, my self-knowledge has transcended that and I have come to understand that life is best to be lived and not to be conceptualized. I am happy because I am growing daily and I am honestly not knowing where the limit lies. To be certain, every day there can be a revelation or a new discovery. I treasure the memory of the past misfortunes. It has added more to my bank of fortitude.

- Lee, Bruce

Many search for happiness as we look for a hat we wear on our heads.

- Lenus, Nikolaus

It is not the place, nor the condition, but the mind alone that can make anyone happy or miserable.

- L'Estrange, Sir Roger

Happiness isn't something you experience; it's something you remember.

- Levant, Oscar

Happiness is a by-product. You cannot pursue it by itself.

- Levenson, Samuel

God cannot give us a happiness and peace apart from Himself, because it is not there.

There is no such thing.

- Lewis, C. S.

A person will be just about as happy as they make up their minds to be.

- Lincoln, Abraham

Happiness is a thing to be practiced, like the violin.

- Lubbock, Sir John

Suspicion of happiness is in our blood.

- Lucas, E. V.

The happy think a lifetime short, but to the unhappy one night can be an eternity.

- Lucian

Happiness is not so much in having or sharing. We make a living by what we get, but we make a life by what we give.

- Macewan, Norman

Remember that happiness is as contagious as gloom. It should be the first duty of those who are happy to let others know of their gladness.

- Maeterlinck, Maurice

Realize that true happiness lies within you. Waste no time and effort searching for peace

and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

- Mandino, Og

Talk happiness. The world is sad enough without your woe.

- Marden, Orison Swett

The glow of satisfaction which follows the consciousness of doing our level best never comes to a human being from any other experience.

- Marden, Orison Swett

Happiness is the interval between periods of unhappiness.

- Marquis, Don

Happiness consists in activity -- it is a running stream, not a stagnant pool.

- Mason, John L.

Happiness is not a possession to be prized. It is a quality of thought, a state of mind.

- Maurier, Daphne Du

Happiness is the light on the water. The water is cold and dark and deep.

- Maxwell, William

Success is getting and achieving what you want. Happiness is wanting and being content with what you get.

- Meltzer, Bernard

Be it jewel or toy, not the prize gives the joy, but the striving to win the prize.

- Meredith, Owen

Happiness is not a matter of events; it depends upon the tides of the mind.

- Meynell, Alice

I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them.

- Mill, John Stuart

Ask yourself whether you are happy, and you cease to be so.

- Mill, John Stuart

Act happy, feel happy, be happy, without a reason in the world. Then you can love, and do what you will.

- Millman, Dan

The smallest annoyances, disturb us the most.

- Montaigne, Michel Eyquem De

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, Charles De

False happiness renders men stern and proud, and that happiness is never communicated. True happiness renders them kind and sensible, and that happiness is always shared.

- Montesquieu, Charles De

We wish to be happier than other people; and this is difficult, for we believe others to be happier than they are.

- Montesquieu, Charles De

There is something ridiculous and even quite indecent in an individual claiming to be happy. Still more a people or a nation making such a claim. The pursuit of happiness... is without any question the most fatuous which could possibly be undertaken. This lamentable phrase the pursuit of happiness is responsible for a good part of the ills and miseries of the modern world.

- Muggeridge, Malcolm

I can say that I never knew what joy was like until I gave up pursuing happiness, or cared

to live until I chose to die. For these two discoveries I am beholden to Jesus.

- Muggeridge, Malcolm

No burden is so heavy for a man to bear as a succession of happy days.

- Muller, Max

He's simply got the instinct for being unhappy highly developed.

- Munro, Hector Hugh

Happiness is a matter of one's most ordinary everyday mode of consciousness being busy and lively and unconcerned with self. To be damned is for one's ordinary everyday mode of consciousness to be unremitting agonizing preoccupation with self.

- Murdoch, Iris

Most of us experience happiness when we are enjoying life and feeling free, enjoying the process and products of our creative and intellectual processes, enjoying the ecstasy of transcendent oneness with the universe.

- Muriel, James

What a man really wants is creative challenge with sufficient skills to bring him within the reach of success so that he may have the expanding joy of achievement.

- Nash, Fay B.

The most exciting happiness is the happiness generated by forces beyond your control.

- Nash, Ogden

Happiness adds and multiplies, as we divide it with others.

- Nielsen, A.

What happiness is there which is not purchased with more or less of pain?

- Oliphant, Margaret

Happiness is the harvest of a quiet eye.

- O'Malley, Austin

The foolish man seeks happiness in the distance; The wise grows it under his feet.

- Oppenheimer, Julius Robert

Men can only be happy when they do not assume that the object of life is happiness

- Orwell, George

Happiness is a by product of an effort to make someone else happy.

- Palmer, Gretta Brooker

Our happiness depends on the habit of mind we cultivate. So practice happy thinking every day. Cultivate the merry heart, develop the happiness habit, and life will become a

continual feast.

- Peale, Norman Vincent

As happy a man as any in the world, for the whole world seems to smile upon me!

- Pepys, Samuel

Happiness doesn't come from doing what we like to do but from liking what we have to do.

- Peterson, Wilferd A.

Happiness must be cultivated. It is like character. It is not a thing to be safely let alone for a moment, or it will run to weeds.

- Phelps, Elizabeth Stuart

The happiest people are those who think the most interesting thoughts. Those who decide to use leisure as a means of mental development, who love good music, good books, good pictures, good company, good conversation, are the happiest people in the world. And they are not only happy in themselves, they are the cause of happiness in others.

- Phelps, William Lyon

The happier the moment the shorter.

- Pliny The Elder

Do not speak of your happiness to one less fortunate than yourself.

- Plutarch

Happy the man whose wish and care a few paternal acres bound, content to breathe his native air in his own ground.

- Pope, Alexander

Know then this truth, enough for man to know virtue alone is happiness below.

- Pope, Alexander

Happiness is a sunbeam which may pass through a thousand bosoms without losing a particle of its original ray; nay, when it strikes on a kindred heart, like the converged light on a mirror, it reflects itself with redoubled brightness. It is not perfected till it is shared.

- Porter, Jane

Our happiness in this world depends on the affections we are able to inspire.

- Prazlin, Duchess

Even if happiness forgets you a little bit, never completely forget about it.

- Prevert, Jacques

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.

- Proust, Marcel

Happiness serves hardly any other purpose than to make unhappiness possible.

- Proust, Marcel

Where one is wise two are happy.

- Proverb

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 a fortune. If you want happiness for a lifetime -- help someone else.

- Proverb, Chinese

Happiness is like a sunbeam, which the least shadow intercepts, while adversity is often as the rain of spring.

- Proverb, Chinese

If you want to be happy for a year, plant a garden; If you want to be happy for life, plant a tree.

- Proverb, English

While we pursue happiness, we flee from contentment.

- Proverb, Hasidic

He is rich who owes nothing.

- Proverb, Hungarian

Happiness is not a horse, you cannot harness it.

- Proverb, Russian

Be happy while you're living, for you're a long time dead.

- Proverb, Scottish

There is no happiness; there are only moments of happiness.

- Proverb, Spanish

If you cannot renounce the world the genius of happiness will never salute you.

- Prutz

It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere.

- Replier, Agnes

Joy descends gently upon us like the evening dew, and does not patter down like a hailstorm.

- Richter, Jean Paul

It is wrong to assume that men of immense wealth are always happy.

- Rockefeller, John D.

Happiness is not something you postpone for the future; it is something you design for the present.

- Rohn, Jim

The journey to happiness involves finding the courage to go down into ourselves and take responsibility for what's there: all of it.

- Rohr, Richard

Happiness depends more on how life strikes you than on what happens.

- Rooney, Andy

Happiness is not a goal, it is a by-product.

- Roosevelt, Eleanor

Happiness lies in the joy of achievement and the thrill of creative effort.

- Roosevelt, Franklin D.

The thirst after happiness is never extinguished in the heart of man.

- Rousseau, Jean Jacques

Happiness does not come from doing easy work but from the afterglow of satisfaction that

comes after the achievement of a difficult task that demanded our best.

- Rubin, Theodore I.

Most people ask for happiness on condition. Happiness can only be felt if you don't set any condition.

- Rubinstein, Arthur

To be happy in this world, especially when youth is past, it is necessary to feel oneself not merely an isolated individual whose day will soon be over, but part of the stream of life slowing on from the first germ to the remote and unknown future.

- Russell, Bertrand

Anything you're good at contributes to happiness.

- Russell, Bertrand

Few people can be happy unless they hate some other person, nation, or creed.

- Russell, Bertrand

Happiness is not best achieved by those who seek it directly.

- Russell, Bertrand

If there were in the world today any large number of people who desired their own happiness more than they desired the unhappiness of others, we could have paradise in a

few years.

- Russell, Bertrand

Men who are unhappy, like men who sleep badly, are always proud of the fact.

- Russell, Bertrand

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.

- Russell, Bertrand

The secret of happiness is this: let your interests be as wide as possible, and let your reactions to the things and persons that interest you be as far as possible friendly rather than hostile.

- Russell, Bertrand

To be without some of the things you want is an indispensable part of happiness.

- Russell, Bertrand

Happiness lies neither in vice nor in virtue; but in the manner we appreciate the one and the other, and the choice we make pursuant to our individual organization.

- Sade, Marquis De

It is in the compelling zest of high adventure and of victory, and in creative action, that

man finds his supreme joys.

- Saint-Exupery, Antoine De

True happiness comes from the joy of deeds well done, the zest of creating things new.

- Saint-Exupery, Antoine De

Knowledge of what is possible is the beginning of happiness.

- Santayana, George

Happiness is the only sanction of life; where happiness fails, existence remains a mad and lamentable experience.

- Santayana, George

Work and live to serve others, to leave the world a little better than you found it and garner for yourself as much peace of mind as you can. This is happiness.

- Sarnoff, David

The greatest happiness you can have is knowing that you do not necessarily require happiness.

- Saroyan, William

Happiness is not having what you want, but wanting what you have.

- Schachtel, Rabbi H.

The two enemies of human happiness are pain and boredom.

- Schopenhauer, Arthur

Joy comes from using your potential.

- Schultz, Will

Lead the life that will make you kindly and friendly to everyone about you, and you will be surprised what a happy life you will lead.

- Schwab, Charles M.

The only ones among you who will be really happy are those who will have sought and found how to serve.

- Schweitzer, Albert

True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The great blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.

- Seneca

I had rather have a fool make me merry, than experience make me sad.

- Shakespeare, William

But O, how bitter a thing it is to look into happiness through another man's eyes.

- Shakespeare, William

Life at its noblest leaves mere happiness far behind; and indeed cannot endure it.

Happiness is not the object of life: life has no object: it is an end in itself; and courage consists in the readiness to sacrifice happiness for an intenser quality of life.

- Shaw, George Bernard

We have no more right to consume happiness without producing it than to consume wealth without producing it.

- Shaw, George Bernard

A lifetime of happiness? No man alive could bear it; it would be hell on earth.

- Shaw, George Bernard

Give a man health and a course to steer; and he'll never stop to trouble about whether he's happy or not.

- Shaw, George Bernard

The soul's joy lies in doing.

- Shelley, Percy Bysshe

There is no end of craving. Hence contentment alone is the best way to happiness.

Therefore, acquire contentment.

- Sivananda, Sri Swami

What can be added to the happiness of a man who is in health, out of debt, and has a clear conscience?

- Smith, Adam

We are never happy; we can only remember that we were so once.

- Smith, Alexander

Happiness is a wine of the rarest vintage, and seems insipid to a vulgar taste.

- Smith, Logan Pearsall

If you pursue happiness you never find it.

- Snow, C(harles) P(ercy)

The pursuit of happiness is a most ridiculous phrase; if you pursue happiness you'll never find it.

- Snow, C(harles) P(ercy)

Happiness is unrepentant pleasure.

- Socrates

Call no man unhappy until he is married.

- Socrates

Like swimming, riding, writing, or playing golf, happiness can be learned.

- Sokoloff, Boris

Let no man be called happy before his death. Till then, he is not happy, only lucky.

- Solon

No man is happy; he is at best fortunate.

- Solon

A man is happy so long as he chooses to be happy and nothing can stop him.

- Solzhenitsyn, Alexander

Happiness is never stopping to think if you are.

- Sondreal, Palmer

Objects we ardently pursue bring little happiness when gained; most of our pleasures come from unexpected sources.

- Spencer, Herbert

It is not how much we have, but how much we enjoy, that makes happiness.

- Spurgeon, Charles Haddon

There can be no happiness if the things we believe in are different from the things we do.

- Stark, Freya

The human spirit needs to accomplish, to achieve, to triumph to be happy.

- Stein, Ben

To describe happiness is to diminish it.

- Stendhal, Henri B.

Happiness comes when we test our skills towards some meaningful purpose.

- Stossel, John

Happiness consumes itself like a flame. It cannot burn for ever, it must go out, and the presentiment of its end destroys it at its very peak.

- Strindberg, J. August

Happiness is a journey not a destination.

- Sweetland, Ben

The best advice on the art of being happy is about as easy to follow as advice to be well when one is sick.

- Swetchine, Anne Sophie

Happiness is a perpetual possession of being well deceived.

- Swift, Jonathan

Happiness is an imaginary condition, formerly often attributed by the living to the dead, now usually attributed by adults to children, and by children to adults.

- Szasz, Thomas

Be open to your happiness and sadness as they arise.

- Thomas, John M.

Man is the artificer of his own happiness.

- Thoreau, Henry David

We are made happy when reason can discover no occasion for it. The memory of some past moments is more persuasive than the experience of present ones. There have been visions of such breadth and brightness that these motes were invisible in their light.

- Thoreau, Henry David

The secret of Happiness is Freedom, and the secret of Freedom, Courage.

- Thucydides

Men expect that religion should cost them no pains, that happiness should drop into their laps without any design and endeavor on their part, and that, after they have done what they please while they live, God should snatch them up to heaven when they die. But though the commandments of God be not grievous, yet it is fit to let men know that they are not thus easy.

- Tillotson, John

No man should desire to be happy who is not at the same time holy. He should spend his efforts in seeking to know and do the will of God, leaving to Christ the matter of how happy he should be.

- Tozer, A. W.

Happiness was not made to be boasted, but enjoyed. Therefore tho others count me miserable, I will not believe them if I know and feel myself to be happy; nor fear them.

- Traherne, Thomas

You never enjoy the world aright, till the sea itself floweth in your veins, till you are clothed with the heavens and crowned with the stars.

- Traherne, Thomas

Happiness ain't a thing in itself --it's only a contrast with something that ain't pleasant. And

so, as soon as the novelty is over and the force of the contrast dulled, it ain't happiness any longer, and you have to get something fresh.

- Twain, Mark

There are people who can do all fine and heroic things but one: keep from telling their happiness to the unhappy.

- Twain, Mark

The thing that counts most in the pursuit of happiness is choosing the right companion.

- Unknown, Source

The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.

- Unknown, Source

The pursuit of happiness is the chase of a life time.

- Unknown, Source

Happy are those who dream dreams and are willing to pay the price to make them come true.

- Unknown, Source

If happiness could be brought, few of us could pay the price.

- Unknown, Source

If you're ever given the choice between happiness and intelligence choose happiness

- Unknown, Source

It is kind of happiness to know to what extent we may be unhappy.

- Unknown, Source

Next to temperance, a quiet conscience, a cheerful mind and active habits, I place early rising as a means of health and happiness.

- Unknown, Source

The secret to happiness is not in doing what one likes to do, but in liking what one has to do.

- Unknown, Source

The biggest lie on the planet: When I get what I want, I will be happy.

- Unknown, Source

Not what you have, but what you see; Not what you see, but what you choose; Not what seems fair, but what is true; Not what you dream, but what you do; Not what you take, but what you give; Not as you pray, but as you live. These are the things that mar or bless

The sum of human happiness.

- Unknown, Source

Happiness is the act of being tough with ourselves and tender with others.

- Unknown, Source

After what we can say you can be sure the happy heart will make the happy day.

- Unknown, Source

Happiness consists of three things; Someone to love, work to do, and a clear conscience.

- Unknown, Source

Happiness is good for the body but sorrow strengthens the spirit.

- Unknown, Source

Happiness will never come to those who fail to appreciate what they already have.

- Unknown, Source

Happiness is in the heart, not in the circumstances.

- Unknown, Source

Where there is joy there is creation. Where there is no joy there is no creation: know the nature of joy.

- Upanishads, Veda

That which you create in beauty and goodness and truth lives on for all time to come.

Don't spend your life accumulating material objects that will only turn to dust and ashes.

- Waitley, Denis

It is not in the pursuit of happiness that we find fulfillment, it is in the happiness of pursuit.

- Waitley, Denis

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

- Waitley, Denis

Happiness comes from... some curious adjustment to life.

- Walpole, Sir Hugh

Happiness is not a brilliant climax to years of grim struggle and anxiety. It is a long succession of little decisions simply to be happy in the moment.

- Walters, J. Donald

Happiness is understanding that friendship is more precious than mere things, more precious than getting your own way, more precious than being in situations where true principles are not at stake.

- Walters, J. Donald

Happiness is not in having being; it is in doing.

- Watson, Lilian Eichler

If only we'd stop trying to be happy we could have a pretty good time.

- Wharton, Edith

When we are happy we are always good, but when we are good we are not always happy.

- Wilde, Oscar

Some cause happiness wherever they go; others whenever they go.

- Wilde, Oscar

If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing Double Dahlias in his garden.

- Wolfe, W, Beran

Happiness is neither virtue nor pleasure nor this thing nor that but simply growth, We are happy when we are growing.

- Yeats, William Butler

We are happy when for everything inside us there is a corresponding something outside

US.

- Yeats, William Butler

Happiness radiates like the fragrance from a flower, and draws all good things toward you. Allow your love to nourish yourself as well as others. Do not strain after the needs of life. It is sufficient to be quietly alert and aware of them. In this way life proceeds more naturally and effortlessly. Life is here to Enjoy!

- Yogi, Maharishi Mahesh

Often people attempt to live their lives backwards; they try to have more things, or more money, in order to do more of what they want, so they will be happier.

- Young, Margaret

Happiness is perfume, you can't pour it on somebody else without getting a few drops on yourself

- Zee, James Van Der

Happiness is not pleasure, it is victory.

- Ziglar, Zig

People who never achieve happiness are the ones who complain whenever they're awake, and whenever they're asleep, they are thinking about what to complain about tomorrow.

- Zimbler, Adam

The key to happiness is good health and a bad memory

- Bergman, Ingrid



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