

Happiness IS RIGHT HERE

HOW TO NAVIGATE
THE MYTHS OF HAPPINESS

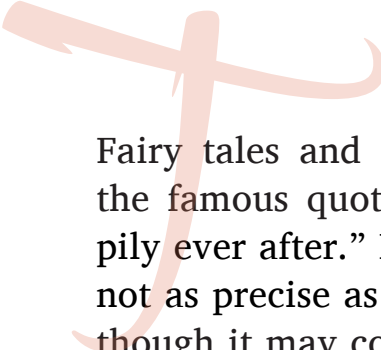
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**THE WORLD IS INCREASINGLY DESIGNED TO
DEPRESS US. HAPPINESS ISN'T VERY GOOD
FOR THE ECONOMY**


Matt Haig, [Reasons to Stay Alive](#)

AND WE WILL
live happily
EVER AFTER

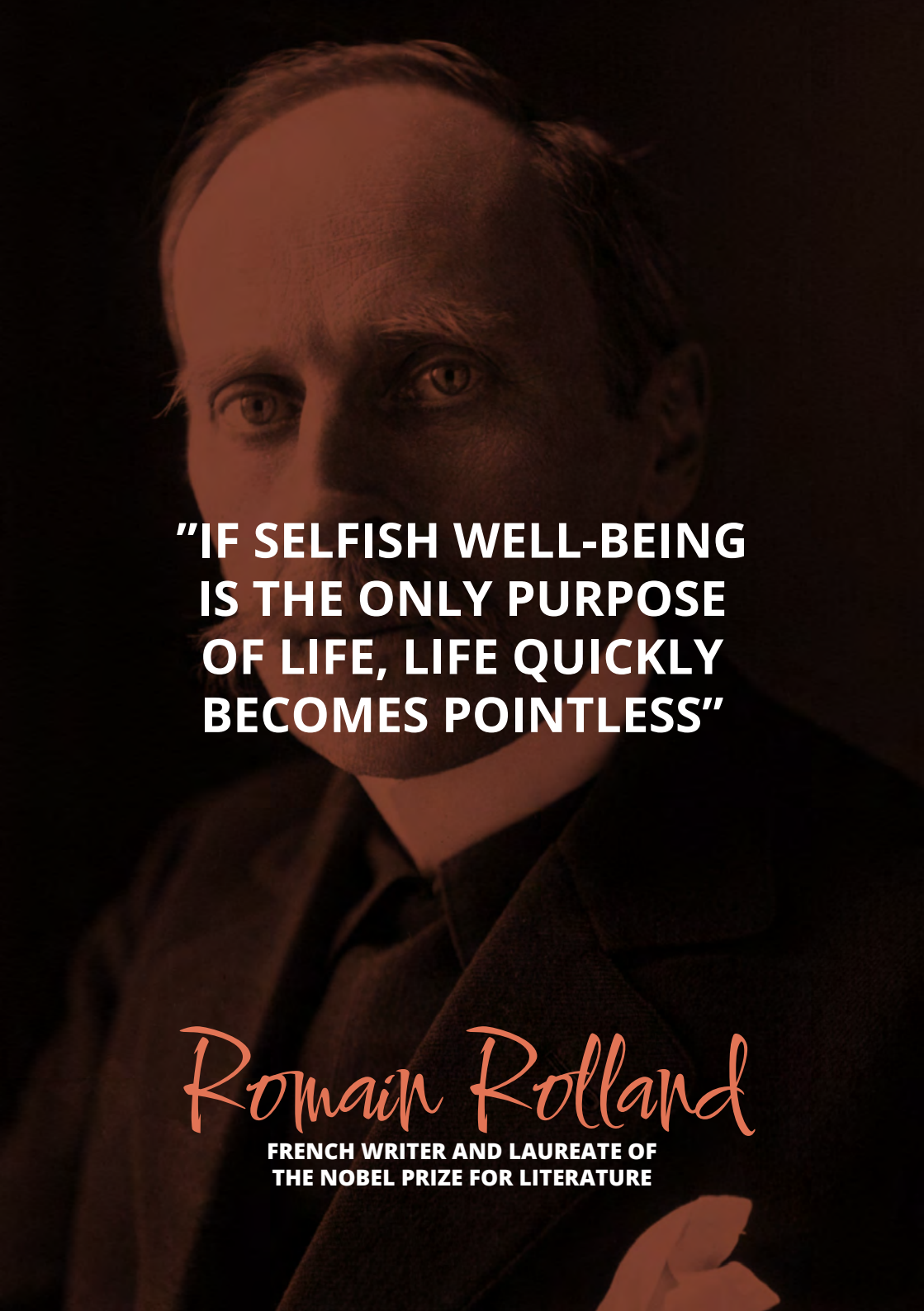
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Fairy tales and stories always end with the famous quote: “And they lived happily ever after.” However, this formula is not as precise as a mathematical one. Although it may contain a grain of truth, it does not derive from an unbeatable recipe of happiness.



“And they lived happily ever after ...” This saying tells us that, despite aging and physical deterioration, people can continue to be happy until the very end of their lives. But it also suggests that happiness seems to depend on many cumulative conditions



**"IF SELFISH WELL-BEING
IS THE ONLY PURPOSE
OF LIFE, LIFE QUICKLY
BECOMES POINTLESS"**

Romain Rolland

**FRENCH WRITER AND LAUREATE OF
THE NOBEL PRIZE FOR LITERATURE**

— finding true love, living a carefree life, climbing the social ladder, becoming parents, acquiring wealth and so on. However, in real life, few people manage to meet all these conditions for happiness. Does that mean that people cannot be happy?

That remains to be seen...

We will explore together in this book some of the myths about happiness, and especially some of the ingredients that can add happiness to our lives.



WHO CAN BE
happy?

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Many things have been said about happiness. There are countless books, articles and blogs dedicated to this topic, not to mention the umpteen songs, lyrics or movies about happiness. For example, there's an old saying that money does not bring happiness. And that is indeed true. Some believe happiness is about being lucky, like, for example, winning a fabulous amount of money at the lottery, which would allow them to spend as much as they want, buy whatever they want and travel to all the turquoise-golden beaches of those exotic holiday destinations, advertised by travel magazines. The truth is that happiness has nothing to do with any of

these. There is no hypocrisy in saying that, because we do agree that money counts in one's life and that having money gives people a sense of comfort. Nor do we reject the importance of exciting life experiences, travels and so on. But we should not mistake living financially comfortable lives for happiness. These are two different things. At most, we should admit that happiness may sometimes include comfort.

There are people out there who own nothing and, still, are happy. Carol Graham writes about this in her book *Happiness Around the World*, whose subtitle is *The Paradox*




of Happy Peasants and Miserable Millionaires. This is a very suggestive subtitle, as it tells us that millionaires and even billionaires are not necessarily happy because of the money they have and that, by contrast, peasants who earn their living by toiling on their land are happier, despite their lack of daily financial stability.

In other words, anyone can be happy.


Happiness does not belong exclusively to a certain social class or to the highly educated individuals or to the married people or to people who live an exciting, not a dull life. No! As we've said before anyone can be happy.

SWINGING BETWEEN
happiness
AND UNHAPPINESS

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Despite efforts to alleviate unhappiness, the world is full of unhappy people. At least this is what many studies seem to suggest, indicating that depression is one of the major diseases nowadays and still spreading. Under these circumstances, a reasonable question arises: Are there truly happy people or is happiness a mere illusion?



There's an old story about a Jewish woman whose only son dies. In her despair, the woman goes to the rabbi and asks him to say