Happiness

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Happiness is the most uncertain and expensive thing in the world. Perhaps every person at least once in his life thought about what a happy life should be. I also think about it sometimes. I want to understand what I have to do in order to make my existence just that which corresponds to this very happy life. Happiness is when people smile because they have surprised someone with a gift, pleased them with a pleasant compliment, helped carry heavy bags, danced together in the rain, looked at the stars or saw gratitude in the eyes of the mongrels for the little sausage. This is the minute of the case, and the heat warms the whole day (Veenhoven, 1991).

To become happy do not need money, securities, expensive things and possession of well-known companies. Happiness is a state of the soul, which means that moral values ​​and good deeds play a key role here. Often I hear someone sigh enviously, looking at someone rich: “Here he has a happy life, he is rich. Not that I am!” But it’s possible that this rich, busy person in turn envies a loving family man who has enough time to take care of his relatives. For someone, a happy life will come when he will help a large number of people, for another - when he will gain fame and honor. I think that the concept of "happy life" cannot be universal. It is very subjective (Kahneman, 1999).

Everyone sees a happy life different. And then, when we feel unhappy, someone is convinced that it is not. It all depends on how you look at your life. It is better to do it with optimism and be content with what we have. In the end I want to say that in order for life to be happy, you just need to be happy. There is no other way to achieve this life(Veenhoven, 2013).

Happiness is a subjective concept and it is unlikely that anyone will be able to find a universal explanation for this word. For some, life is happy, when close relatives are smiling, a successful career has developed, there is no constraint in money, every weekend they are accompanied by trips abroad. And this list can go on for millions of pages, because all seven billion people have different worldviews. And in what I see happiness?

Freedom lies in the possibility of self-expression and acceptance of this fact by other people (choice of education, hobbies, friends, future work, and even the environment). This is impossible without equality. After all, what kind of freedom can be discussed if the rich do not see the problems of the poor, and the underprivileged, in turn, offend the rich for his successes. People are so blind and stubborn that they don’t even want to remove the bandage of stereotypes from their eyes and hold hands. But it is worth a little bit to become kinder and expose human love (Ryff, 1989).

To conclude, happiness is good, positive or sublime. the inner state of your soul (a large amount of positive emotions, peace of mind of a person) and doing things you love. Happiness is the most uncertain and expensive thing in the world. Happiness is very special feeling of any person. It brings joy and love among people. Because in that the moment we do what we love we experience positive emotions. For me, being a teacher is happiness, because communication with children always gives me pleasure. They are all so different. and interesting. It is interesting to communicate with them; it is interesting to know them.

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