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Enter the name of Instructor

English

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Can Happiness be practiced?

Happiness is a source of self-relaxation. It comes in different form for each person. There are no familiar ways through which one can make himself happy. In the film ‘Happy’ the character is facing challenges in her personal life in the form of injuries. She accepts the faults in her life and starts practicing happiness by keeping herself busy in activities which appeals her mind (*Happy (2011) - IMDb*). For her the challenges are just the only hurdles from her becoming a happy person.

Seeing the situations around us, I don’t believe happiness can be practiced. Every single person around us today is facing challenges of multiple nature. Since we all face different circumstances, therefore there exists different challenges in our way to pursue happiness. These challenges in one way or another become a hurdle in achieving the true spirit of happiness. Compared to the movie, there are multiple sprints beyond which a happy world for the populace exist.

The notion of practicing happiness is entirely false. One can change the physical circumstances for the time being however, it’s not up to one’s own self to bring satisfaction and happiness, for many reasons. The personal challenges we all are facing remains the most common challenge. Just to make myself happy, I can bring myself up to the desires of people attached to me. This is the one most used to the method, I have observed to keep own self fulfilled and happy.

I believe the world we are living in is gloomy for many reasons. Despite our efforts of pleasing ourselves, we are unable to create a world adorable to our collective ambitions. We can achieve self- satisfaction and happiness if we start caring for the problems people face as the reason of our conduct. If we start making creating ease for others, we will soon be able to create a happy world.

Works Cited:

*Happy (2011) - IMDb*. https://www.imdb.com/title/tt1613092/. Accessed 27 Sept. 2019.