

## Reason to Be Happy: Happiness



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### ***Reviews***

*The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).*

***(Payton Miller)***

## REASON TO BE HAPPY: HAPPINESS

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Createspace, United States, 2011. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We do have every reason to be happy. We convince ourselves that life will be better once we are married, have a baby, then another. Then we get frustrated because our children are not old enough and that all will be well when they are older. Then we are frustrated because they reach adolescence and we must deal with them. Surely, we ll be happier when they grow out of the teen years. We tell ourselves our life will be better when our spouse gets his/her act together, when we have nicer car, when we take a vacation, when we finally retire. The truth is that there is no better time to be happy than NOW. If not, then when? Your life will always be full of challenges. It is better to admit as much and decide to be happy in spite of it all. For the longest time, it seemed that life was about to start. Real life! But there was always some obstacle along the way, an ordeal to get through, some work to be finished, some time to be given, and a bill to be paid. Then life would start. I finally came to understand that those obstacles were life. That point of view helped me see that there isn t any road to happiness. Happiness IS the road. So enjoy every moment! Stop waiting for school to end, for a return to school, to lose ten pounds, to gain ten pounds, for work to begin, to get married, for Friday evening, for Sunday morning, waiting for a new car, for your mortgage to be paid off, for spring, for summer, for fall,...

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