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Happiness

The search for happiness has dominated man's thoughts and desires from the beginning of time, and it is strange to reflect that, even now, it still appears to be as wistful and elusive as it ever was.

The fact is that happiness, like health, is a state of well-being that is most evident when it is accepted without consideration.

When we are well, our bodies function silently and effortlessly, and we never give our health a thought. When we are unwell, we can think of nothing else.

So it is with happiness.

How often in life we look back on moments of experience with a nostalgic longing. We were happy then. At the time, however, it never entered our heads to stop and consider whether we were happy or not.

Happiness, after all, is purely an attitude of mind. Life will have its ups and downs, but if we can get in the habit of accepting these, and living each day to the best of our ability, we will see that happiness was never very far away. Happiness, like many other things, creeps in when we're not looking.

—Progress