

Very little is needed to make a happy life; it is all within yourself, in your way of thinking.

**Marcus Aurelius**

Happiness is a form of courage.

**Holbrook Jackson**

The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself.

**Benjamin Franklin**

Happy are those who dream dreams and are ready to pay the price to make them come true.

**Leon Joseph Cardinal Suenens**

The only way to avoid being miserable is not to have enough leisure to wonder whether you are happy or not.

**George Bernard Shaw**

There are as many nights as days, and the one is just as long as the other in the year's course. Even a happy life cannot be without a measure of darkness, and the word 'happy' would lose its meaning if it were not balanced by sadness.

**Carl Jung**

The best way for a person to have happy thoughts is to count his blessings and not his cash.

**Anonymous**

Man is fond of counting his troubles, but he does not count his joys. If he counted them up as he ought to, he would see that every lot has enough happiness provided for it.

**Fyodor Dostoevsky**

The best vitamin to be a happy person is B1.

**Anonymous**

Happiness often sneaks in through a door you didn't know you left open.

**John Barrymore**

Happiness and sadness run parallel to each other. When one takes a rest, the other one tends to take up the slack.

**Hazelmarie Elliott (Mattie)**

Happiness is not a goal; it is a by-product.

**Eleanor Roosevelt**

The search for happiness is one of the chief sources of unhappiness.

**Eric Hoffer** (The Passionate State of Mind, 1954)

A great obstacle to happiness is to expect too much happiness.

**Bernard de Fontenelle**

If you want to live a happy life, tie it to a goal, not to people or things.

**Albert Einstein**

Happiness is not an ideal of reason, but of imagination.

**Immanuel Kant**

The talent for being happy is appreciating and liking what you have, instead of what you don't have.

**Woody Allen**

Happiness held is the seed; happiness shared is the flower.

**Anonymous**

Man must search for what is right, and let happiness come on its own.

**Johann Pestalozzi**

We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.

**Frederick Keonig**

The supreme happiness of life is the conviction that we are loved.

**Victor Hugo**

If you are not happy here and now, you never will be.

**Taisen Deshimaru**

He alone is great and happy who requires neither to command nor to obey in order to secure his being of some importance in this world.

**Johann Wolfgang von Goethe**

To be happy, we must not be too concerned with others.

**Albert Camus** (The Fall, 1956)

Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is.

**Maxim Gorky**

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for.

**Joseph Addison**

If there were in the world today any large number of people who desired their own happiness more than they desired the unhappiness of others, we could have a paradise in a few years.

**Bertrand Russell**

If you want to be happy, be.

**Leo Nikolaevich Tolstoy**

Even if happiness forgets you a little bit, never completely forget about it.

**Jacques Prévert**

The best way to cheer yourself up is to try to cheer somebody else up.

**Mark Twain**

If only we'd stop trying to be happy we could have a pretty good time.

**Edith Wharton**

A man is happy so long as he chooses to be happy.

**Alexander Solzhenitsyn**

Nobody really cares if you're miserable, so you might as well be happy.

**Cynthia Nelms**

Happiness is never stopping to think if you are.

**Palmer Soudreal**

We are no longer happy so soon as we wish to be happier.

**Walter Savage Landor**

A truly happy person is one who can enjoy the scenery while on a detour.

**Anonymous**

The art of being happy lies in the power of extracting happiness from common things.

**Henry Ward Beecher**

The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be.

**Marcel Pagnol**

Happiness is excitement that has found a settling down place. But there is always a little corner that keeps flapping around.

**E.L. Konigsburg**

A day without laughter is a day wasted.

**Charlie Chaplin**

The foolish man seeks happiness in the distance; the wise grows it under his feet.

**James Openheim**

It's pretty hard to tell what does bring happiness. Poverty and wealth have both failed.

**Frank McKinney** (Kin Hubbard)

Indeed, man wishes to be happy even when he so lives as to make happiness impossible.

**St. Augustine**

Be happy. It's one way of being wise.

**Colette**

Happy is he who learns to bear what he cannot change!

**J. C. F. von Schiller**

Most folks are about as happy as they make up their minds to be.

**Abraham Lincoln**

Happiness is a by-product of an effort to make someone else happy.

**Gretta Brooker Palmer**

We must laugh before we are happy, for fear of dying without having laughed at all.

**Jean de La Bruyere**

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

**Dalai Lama**

Happiness is always a by-product. It is probably a matter of temperament, and for anything I know it may be glandular. But it is not something that can be demanded from life, and if you are not happy you had better stop worrying about it

and see what treasures you can pluck from your own brand of unhappiness.

**Robertson Davies**

It's never too late to have a happy childhood.

**Berke Breathed**

When we are happy we are always good, but when we are good we are not always happy.

**Oscar Wilde**

Happiness is like a butterfly which, when pursued, is always beyond our grasp, but, if you will sit down quietly, may alight upon you.

**Nathaniel Hawthorne**

Whoever is happy will make others happy, too.

**Anne Frank**

Happiness is what happens to us when we try to make someone else happy.

**Anonymous**

The best way to make children good is to make them happy.

**Oscar Wilde**

*One joy scatters a hundred griefs.*

**Chinese Proverb**

Act happy, feel happy, be happy, without a reason in the world. Then you can love, and do what you will.

**Dan Millman**

A man's as miserable or happy as he thinks he is.

**Seneca**

To be happy, make other people happy.

**W. Clement Stone**

Happiness? That's nothing more than health and a poor memory.

**Albert Schweitzer**

Happiness is good health and a bad memory.

**Ingrid Bergman**

Happiness is the soundtrack of my life.

**Grey Livingston**

The happiness which is lacking makes one think even the happiness one has unbearable.

**Joseph Roux**

Happiness is when what you think, what you say, and what you do are in harmony.

**Mahatma Gandhi**

It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about.

**Dale Carnegie**

Shared joy is a double joy; shared sorrow is half sorrow.

**Swedish proverb**

It is wrong to assume that men of immense wealth are always happy.

**John D. Rockefeller**

They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.

**Tom Bodett**

There is no cosmetic for beauty like happiness.

**Lady Blessington**

When neither their property nor their honor is touched, the majority of men live content. ~Niccolo **Machiavelli**

One of the sanest, surest, and most generous joys of life comes from being happy over the good fortune of others.

**Robert A. Heinlein**

If you want happiness for an hour — take a nap.

If you want happiness for a day — go fishing.

If you want happiness for a month — get married.

If you want happiness for a year — inherit a fortune.

If you want happiness for a lifetime — help someone else.

**Chinese proverb**

A laugh is the shortest distance between two people.

**Anonymous**

There can be no happiness if the things we believe in are different from the things we do.

**Freya Stark**

There is no happiness for people at the expense of other people.

**Anwar El-Sadat**

Act as if you were already happy and that will tend to make you happy.

**Dale Carnegie**

Happiness is like a kiss. You must share it to enjoy it.

**Bernard Meltzer**

True happiness consists in making others happy.

**Hindu proverb**

Happiness is the feeling you're feeling when you want to keep feeling it.

**Anonymous**

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.

**Albert Camus**

You will never be happier than you expect. To change your happiness, change your expectation.

**Bette Davis**

When you're really happy, the birds chirp and the sun shines even on cold dark winter nights – and flowers will bloom on a barren land.

**Grey Livingston**

Some pursue happiness, others create it.

**Anonymous**

A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles.

**Anonymous**

In order to have great happiness you have to have great pain and unhappiness – otherwise how would you know when you're happy?

**Leslie Caron**

The happy and efficient people in this world are those who accept trouble as a normal detail of human life and resolve to capitalize it when it comes along.

**H. Bertram Lewis**

We are never so happy, nor so unhappy, as we suppose ourselves to be.

**La Rochefoucauld**

The worst part of success is to try finding someone who is happy for you.

**Bette Midler**

A smile is a curved line that sets things straight.

**Anonymous**

You must try to generate happiness within yourself. If you aren't happy in one place, chances are you won't be happy anywhere.

**Ernie Banks**

Money doesn't make you happy. I now have \$50 million but I was just as happy when I had \$48 million.

**Arnold Schwarzenegger**

Happiness is the resultant of the relative strengths of positive and negative feelings rather than an absolute amount of one or the other.

**Norman Bradburn**

Happiness grows at our own firesides, and is not to be picked in strangers' gardens.

**Douglas Jerrold**

Happiness is a direction, not a place.

**Sydney J. Harris**

Even if we can't be happy, we must always be cheerful.

**Irving Kristol**

You know it's love when all you want is that person to be happy, even if you're not part of their happiness.

**Julia Roberts**

People don't notice whether it's winter or summer when they're happy.

**Anton Chekhov**

A happy life consists in tranquility of mind.

**Cicero**

You cannot always have happiness, but you can always give happiness.

**Anonymous**

Now and then it's good to pause in our pursuit of happiness and just be happy.

**Guillaume Apollinaire**

The fact is always obvious much too late, but the most singular difference between happiness and joy is that happiness is a solid and joy a liquid.

**J.D. Salinger**

Unhappiness is not knowing what we want and killing ourselves to get it.

**Don Herold**

The happy man is he who knows his limitations, yet bows to no false gods.

**Robert Service**

We all live with the objective of being happy; our lives are all different and yet the same.

**Anne Frank**

Happiness is a function of accepting what is.

**Werner Erhard**

Happiness is the interval between periods of unhappiness.

**Don Marquis**

It is the working man who is the happy man. It is the idle man who is the miserable man.

**Benjamin Franklin**

Happy is the man who can do only one thing: in doing it, he fulfills his destiny.

**Joseph Joubert**

Happy is the man who ventures boldly to defend what he holds dear.

**Ovid**

On the whole, the happiest people seem to be those who have no particular cause for being happy except that they are so.

**William R. Inge**

Happiness is a conscious choice, not an automatic response.

**Mildred Barthel**

I give thanks for the joy and happiness in life and trust that God does indeed want me to be happy.

**Marty Varnadoe Dow**

The true way to render ourselves happy is to love our work and find in it our pleasure.

**Francoise de Motteville**

No society can surely be flourishing and happy, of which the far greater part of the members are poor and miserable.

**Adam Smith**

Most people would rather be certain they're miserable, than risk being happy.

**Robert Anthony**

Happiness is contagious...when you reflect happiness, then all others around you catch the happy bug and are happy, too.

**Jennifer Leese**

Happiness is the only good. The time to be happy is now. The place to be happy is here. The way to be happy is to make others so.

**Robert G. Ingersoll**

To be happy with a man you must understand him a lot and love him a little. To be happy with a woman you must love her a lot and not try to understand her at all.

**Helen Rowland**

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

**Norman Vincent Peale**

Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best.

**Theodore I. Rubin**

Happiness pulses with every beat of my heart.

**Emily Logan Decens**

If you ever find happiness by hunting for it, you will find it, as the old woman did her lost spectacles, safe on her own nose all the time.

**Josh Billings**

If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden, or looking for dinosaur eggs in the Gobi desert. He will not be searching for happiness as if it were a collar button that has rolled under the radiator. He will not be striving for it as a goal in itself. He will have become aware that he is happy in the course of living life twenty-four crowded hours of the day.

**W. Beran Wolfe**

I hate being happy. It pisses me off. Because I know if I try to grab it, it will slip away, like one of those goddamn water snakes. And I hate just looking. I always try to grab.

**D.H. Mondfleur**

Real happiness is cheap enough, yet how dearly we pay for its counterfeit.

**Hosea Ballou**

Most of us believe in trying to make other people happy only if they can be happy in ways which we approve.

**Robert S. Lynd**

Happiness is like a cat, If you try to coax it or call it, it will avoid you; it will never come. But if you pay not attention to it and go about your business, you'll find it rubbing against your legs and jumping into your lap.

**William Bennett**

Happiness is not being pained in body or troubled in mind.

**Thomas Jefferson**

A happy life is one which is in accordance with its own nature.

**Marcus Annaeus Seneca**

No one is happy all his life long.

**Euripides**

To be happy we must not be too concerned with others.

**Albert Camus**

Most people are about as happy as they make up their minds to be.

**Abraham Lincoln**

Learn to be calm and you will always be happy.

**Paramhansa Yogananda**

The happy have whole days,  
and those they choose.

The unhappy have but hours,  
and those they lose.

**Colley Cibber**

Happiness is liberty from everything that makes us unhappy.

**Vernon Howard**

The pursuit of happiness is a most ridiculous phrase: if you pursue happiness you'll never find it.

**C.P. Snow**

I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.

**Groucho Marx**

The most happy man is he who knows how to bring into relation the end and beginning of his life.

**Johann Wolfgang von Goethe**

Happiness is a matter of one's most ordinary and everyday mode of consciousness being busy and lively and unconcerned with self.

**Iris Murdoch**

Men can only be happy when they do not assume that the object of life is happiness.

**George Orwell**

Happiness adds and multiplies, as we divide it with others.

**A. Nielsen**

Happiness is something you get as a by-product in the process of making something else.

**Aldous Huxley**

I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them.

**John Stuart Mill**

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us

**Helen Keller**

Neither wealth or greatness render us happy.

**Jean de La Fontaine**

Being happy doesn't mean everything is perfect. It means you have decided to look beyond the imperfections.

**Anonymous**

To be truly happy and contented, you must let go of what it means to be happy or content.

**Confucius**

Happy is the hearing man; unhappy the speaking man.

**Ralph Waldo Emerson**

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.

**Hugh Downs**

It is not how much we have, but how much we enjoy, that makes happiness.

**Charles Spurgeon**

When a man has lost all happiness, he's not alive. Call him a breathing corpse.

**Sophocles**

Happiness is a way station between too little and too much.

**Channing Pollock**

One filled with joy preaches without preaching.

**Mother Teresa**

If you search the world for happiness, you may find it in the end, for the world is round and will lead you back to your door.

**Robert Brault,**

My ambition is to be happy.

**Penelope Cruz**

For every minute you are angry, you lose sixty seconds of happiness.

**Anonymous**

Success is getting and achieving what you want. Happiness is wanting and being content with what you get.

**Bernard Meltzer**

Happiness is not a state to arrive at, but a manner of traveling.

**Margaret Lee Runbeck**

Happiness...it lies in the joy of achievement, in the thrill of creative effort.

**Franklin D. Roosevelt**

Did you ever see an unhappy horse? Did you ever see a bird that has the blues? One reason why birds and horses are not unhappy is because they are not trying to impress other birds and horses.

**Dale Carnegie**

If my heart can become pure and simple, like that of a child, I think there probably can be no greater happiness than this.

**Kitaro Nishida**

Be happy while you're living, for you're a long time dead.

**Scottish Proverb**

The best way to pay for a lovely moment is to enjoy it.

**Richard Bach**

Happiness is the meaning and the purpose of life, the whole aim and end of human existence.

**Aristotle**

I wish you all the joy that you can wish.

**William Shakespeare**

A light heart lives long.

**William Shakespeare**

Before we set our hearts too much on anything, let us examine how happy are those who already possess it.

**François Duc de La Rochefoucauld**

Money never made a man happy yet, nor will it. There is nothing in its nature to produce happiness. The more a man has, the more he wants. Instead of filling a vacuum, it makes one.

**Benjamin Franklin**

It is not easy to find happiness in ourselves and it is not possible to find it elsewhere.

**Agnes Rippler**

Happiness is mostly a by-product of doing what makes us feel fulfilled.

**Dr. Benjamin Spock**

The learned is happy, nature to explore, the fool is happy, that he knows no more.

**Alexander Pope**

How can a woman be expected to be happy with a man who insists on treating her as if she were a perfectly normal human being.

**Oscar Wilde**

Happiness for me is to know that my life has meaning and purpose, and that every day my life touches others in a positive way—whether to make them laugh or learn or both at once!

**Deanna Mascle**

Happiness is man's greatest aim in life. Tranquility and rationality are the cornerstones of happiness.

**Epicurus**

The greatest happiness you can have is knowing that you do not necessarily require happiness.

**William Saroyan**

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

**Thich Nhat Hanh**

There is a French proverb: To live happy, live hidden. Where can Brigitte Bardot hide?

**Brigitte Bardot**

There are two things to aim at in life: first, to get what you want; and after that, to enjoy it. Only the wisest of mankind achieve the second.

**Logan Pearsall Smith**

To be perfectly happy it does not suffice to possess happiness, it is necessary to have deserved it.

**Victor Hugo**

Happiness: an agreeable sensation arising from contemplating the misery of another.

**Ambrose Bierce** (The Devil's Dictionary)

Happiness is the natural flower of duty.

**Phillips Brooks**

Happiness is... usually attributed by adults to children, and by children to adults.

**Thomas Szasz**

Better be happy than wise.

**Anonymous**

Thousands of candles can be lighted from a single candle, And the life of the candle will not be shortened. Happiness never decreases by being shared.

**Buddha**

A happy family is but an earlier heaven.

**George Bernard Shaw**

The happiness of most people is not ruined by great catastrophes or fatal errors, but by the repetition of slowly destructive little things.

**Ernest Dimnet**

Money won't make you happy... but everybody wants to find out for themselves.

**Zig Ziglar**

The happiness of life is made up of minute fractions. The little soon forgotten charities of a kiss or a smile, a kind look, a heartfelt compliment, countless infinitesimal of pleasure and genial feelings

**Samuel Taylor Coleridge**

The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things.

**Epictetus**

As a well-spent day brings happy sleep, so a life well spent brings happy death.

**Leonardo da Vinci**

The miracle is not that we do this work, but that we are happy to do it.

**Mother Teresa**

Some cause happiness wherever they go; others whenever they go.

**Oscar Wilde**

We deem those happy who from the experience of life have learnt to bear its ills without being overcome by them.

**Carl Jung**

Enjoy the present day, as distrusting that which is to follow.

**Horace**

Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.

**Helen Keller**

Make happy those who are near, and those who are far will come.

**Chinese proverb**

The human spirit needs to accomplish, to achieve, to triumph to be happy.

**Ben Stein**

When someone does something good, applaud! You will make two people happy.

**Samuel Goldwyn**

It is better that some should be unhappy rather than that none should be happy, which would be the case in a general state of equality.

**Samuel Johnson**

Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself.

**Alice Walker**

Is it not clear, however, that bliss and envy are the numerator and denominator of the fraction called happiness?

**Yevgeny Zamyatin**

Happy people plan actions, they don't plan results.

**Dennis Wholey**

Grief can take care of itself, but to get the full value of joy you must have somebody to divide it with.

**Mark Twain**

Happy is the man who has broken the chains which hurt the mind, and has given up worrying once and for all.

**Ovid**

The really happy people are those who have broken the chains of procrastination, those who find satisfaction in doing the job at hand. They're full of eagerness, zest, productivity. You can be, too.

**Norman Vincent Peale**

Happy are those who dare courageously to defend what they love.

**Ovid**

I'm going to smile and make you think I'm happy, I'm going to laugh, so you don't see me cry, I'm going to let you go in style, and even if it kills me- I'm going to smile.

**Anonymous**

The summit of happiness is reached when a person is ready to be what he is.

**Erasmus**

I am not sure that it is of the first importance that you should be happy. Many an unhappy man has been of deep service to himself and to the world.

**Woodrow Wilson**

Happy the man whose wish and care a few paternal acres bound, content to breathe his native air in his own ground.

**Alexander Pope**

Just think how happy you would be if you lost everything you have right now, and then got it back again.

**Frances Rodman**

A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?

**Albert Einstein**

Happiness is not in having or being—it is in the doing.

**Lillian Watson**

He who enjoys doing and enjoys what he has done is happy.

**Johann Wolfgang von Goethe**

All we need to make us really happy is something to be enthusiastic about.

**Charles Kingsley**

Experience praises the most happy the one who made the most people happy.

**Karl Marx**

We don't laugh because we're happy – we're happy because we laugh.

**William James**

The world is full of people looking for spectacular happiness while they snub contentment.

**Doug Larson**

There is no duty we so much underrate as the duty of being happy. By being happy we sow anonymous benefits upon the world.

**Robert Louis Stevenson**

Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it.

**William Feather**

True love doesn't have a happy ending, because true love never ends. Letting go is one way of saying I love you.

**Anonymous**

Only when a man's life comes to its end in prosperity dare we pronounce him happy.

**Aeschylus**

Alimony – the ransom that the happy pay to the devil.

**H. L. Mencken**

So long as we can lose any happiness, we possess some.

**Booth Tarkington**

Happiness is an inner state of well being. A state of well being enables you to profit from your highest: thoughts, wisdom, intelligence, common sense, emotions, health, and spiritual values in your life.

**Lionel Ketchian**

Happy the man who has been able to learn the causes of things.

**Virgil**

Happiness is not something you postpone for the future; it is something you design for the present.

**Jim Rohn**

You must love yourself before you love another. By accepting yourself and fully being what you are, your simple presence can make others happy.

**Anonymous**

You can be right or you can be happy.

**Gerald Jampolsky**

Happy is the man who can endure the highest and lowest fortune. He who has endured such vicissitudes with equanimity has deprived misfortune of its power.

**Seneca**

I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.

**Albert Schweitzer**

It is one of the most saddening things in life that, try as we may, we can never be certain of making people happy, whereas we can almost always be certain of making them unhappy.

**Thomas Huxley**

Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored.

**Earl Nightingale**

The poor wish to be rich, the rich wish to be happy, the single wish to be married, and the married wish to be dead.

**Ann Landers**

Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself.

**Og Mandino**

Gather the crumbs of happiness and they will make you a loaf of contentment.

**Anonymous**

Personally, I experience the greatest degree of pleasure in having contact with works of art. They furnish me with happy feelings of an intensity such as I cannot derive from other realms.

**Albert Einstein**

They say it is better to be poor and happy than rich and miserable, but how about a compromise like moderately rich and just moody?

**Princess Diana**

If our condition were truly happy, we would not seek diversion from it in order to make ourselves happy.

**Blaise Pascal**

Happy is he that chastens himself.

**Anonymous**

A happy man is too satisfied with the present to dwell too much on the future.

**Albert Einstein**

The important question is not, what will yield to man a few scattered pleasures, but what will render his life happy on the whole amount.

**Joseph Addison**

All happy families resemble one another, each unhappy family is unhappy in its own way.

**Leo Tolstoy**

Just as a cautious businessman avoids investing all his capital in one concern, so wisdom would probably admonish us also not to anticipate all our happiness from one quarter alone.

**Sigmund Freud**

Happy the people whose annals are vacant.

**Thomas Carlyle**

To be depressed is to be lonely; to have a friend is to be happy.

**Anonymous**

I'm so happy to be rich, I'm willing to take all the consequences.

**Howard Ahmanson**

No one can be happy who has been thrust outside the pale of truth. And there are two ways that one can be removed from this realm: by lying, or by being lied to.

**Lucius Annaeus Seneca**

If thou wilt make a man happy, add not unto his riches but take away from his desires.

**Epicurus**

Happy is the son whose faith in his mother remains unchallenged.

**Louisa May Alcott**

The secret of a happy marriage remains a secret.

**Henny Youngman**

Hope is itself a species of happiness, and, perhaps, the chief happiness which this world affords.

**Samuel Johnson**

Noble deeds and hot baths are the best cures for depression.

**Anonymous**

Were it not for imagination a man would be as happy in arms of a chambermaid as of a duchess.

**Samuel Johnson**

I have diligently numbered the days of pure and genuine happiness which have fallen to my lot: they amount to fourteen.

**Abd-El-Raham**

Many things can make you miserable for weeks; few can bring you a whole day of happiness.

**Mignon McLaughlin** (The Neurotic's Notebook, 1960)

If you paint in your mind a picture of bright and happy expectations, you put yourself into a condition conducive to your goal.

**Norman Vincent Peale**

Ask yourself whether you are happy and you cease to be so.

**John Stuart Mill**

Love is – seeking to make another person happy.

**Anonymous**

Parents were invented to make children happy by giving them something to ignore.

**Ogden Nash**

We have no more right to consume happiness without producing it than to consume wealth without producing it.

**George Bernard Shaw**

In order that people may be happy in their work, these three things are needed: They must be fit for it. They must not do too much of it. And they must have a sense of success in it.

**John Ruskin**

I've realized that being happy is a choice. You never want to rub anybody the wrong way or not be fun to be around, but you have to be happy. When I get logical and I don't trust my instincts – That's when I get in trouble.

**Angelina Jolie**

The greatest happiness of life is the conviction that we are loved – loved for ourselves, or rather, loved in spite of ourselves.

**Victor Hugo**

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.

**Francesca Reigler**

It is strange what a contempt men have for the joys that are offered them freely.

**Georges Duhamel**

Action may not always bring happiness, but there is no happiness without action.

**Benjamin Disraeli**

What is the worth of anything, But for the happiness 'twill bring?"

**Richard Owen Cambridge**

You need to learn to be happy by nature, because you'll seldom have the chance to be happy by circumstance.

**Lavetta Sue Wegman**

If we only wanted to be happy, it would be easy; but we want to be happier than other people, and that is almost always difficult, since we think them happier than they are.

**Charles de Montesquieu**

To be obliged to beg our daily happiness from others bespeaks a more lamentable poverty than that of him who begs his daily bread.

**Charles Caleb Colton**

Morality is not the doctrine of how we may make ourselves happy, but how we may make ourselves worthy of happiness.

**Immanuel Kant**

By all means marry: If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.

**Socrates**

There is no lonelier man in death, except the suicide, than that man who has lived many years with a good wife and then outlived her. If two people love each other there can be no happy end to it.

**Ernest Hemingway**

I believe in the equality of man; and I believe that religious duties consist in doing justice, loving mercy, and endeavoring to make our fellow-creatures happy.

**Thomas Paine**

He who is of calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition youth and age are equally a burden.

**Plato**

Happiness is not achieved by the conscious pursuit of happiness.. it is generally the by-product of other activities.

**Aldous Huxley**

People who are in a fortunate position always attribute virtue to what makes them so happy.

**John Kenneth Galbraith**

Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification, but through fidelity to a worthy purpose.

**Helen Keller**

At times in my life the only place I have been happy is when I am on stage.

**Bob Dylan**

We must dare to be happy, and dare to confess it, regarding ourselves always as the depositories, not as the authors of our own job.

**Henri Frederic Amiel**

Many people are extremely happy, but are absolutely worthless to society.

**Charles Gow**

There are no great things, only small things with great love. Happy are those.

**Mother Teresa**

Drink because you are happy, but never because you are miserable.

**G. K. Chesterton**

I'm happy to be alive, I'm happy to be who I am.

**Michael Jackson**

Enjoy the little things, for one day you may look back and realize they were the big things.

**Robert Brault**

The greater part of our happiness or misery depends on our dispositions, and not our circumstances.

**Martha Washington**

Through our willingness to help others we can learn to be happy rather than depressed.

**Gerald Jampolsky**

Most folks are about as happy as they make their minds up to be.

**Abraham Lincoln**

If we agree that the bottom line of life is happiness, not success, then it makes perfect sense to say that it is the journey that counts, not reaching the destination.

**Mihaly Csikszentmihalyi**

Give a man health and a course to steer, and he'll never stop to trouble about whether he's happy or not.

**George Bernard Shaw**

You can be happy where you are.

**Joel Osteen**

Man never thinks himself happy, but when he enjoys those things which others want or desire.

**Alexander Pope**

Make us happy and you make us good.

**Robert Browning**

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.

**Marcel Proust**

The goal towards which the pleasure principle impels us – of becoming happy – is not attainable: yet we may not – nay, cannot – give up the efforts to come nearer to realization of it by some means or other.

**Sigmund Freud**

The happy people are those who are producing something.

**William Ralph Inge**

It is the great privilege of poverty to be happy and yet unenvied, secure without a guard, and to obtain from the bounty of nature what the great and wealthy are compelled to procure by the help of art.

**Samuel Johnson**

He who is overly attached to his family members experiences fear and sorrow, for the root of all grief is attachment. Thus one should discard attachment to be happy.

**Chanakya**

Recommend virtue to your children; it alone, not money, can make them happy. I speak from experience.

**Ludwig van Beethoven**

The art of living does not consist in preserving and clinging to a particular mode of happiness, but in allowing happiness to change its form without being disappointed by the change; happiness, like a child, must be allowed to grow up.

**Charles L. Morgan**

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human enough hope to make you happy.

**Anonymous**

One dollar for eternal happiness? I'd be happier with the dollar.

**Monty Burns**

Being happy is something you have to learn. I often surprise myself by saying "Wow, this is it. I guess I'm happy. I got a home I love. A career that I love. I'm even feeling more and more at peace with myself." If there's something else to happiness, let me know. I'm ambitious for that, too.

**Harrison Ford**

We deem those happy who, from the experience of life, have learned to bear its ills, without being overcome by them.

**Juvenal**

It is not God's will merely that we should be happy, but that we should make ourselves happy.

**Immanuel Kant**

I was happy in the midst of dangers and inconveniences.

**Daniel Boone**

The fortune which nobody sees makes a person happy and unenvied.

**Francis Bacon**

Having a great intellect is no path to being happy.

**Stephen Fry**

I'm so happy because today I found my friends – they're in my head.

**Kurt Cobain**

I'm as happy a man as any in the world, for the whole world seems to smile upon me!

**Samuel Smiles**

I looked below and saw my people there, and all were well and happy except one, and he was lying like the dead – and that one was myself.

**Black Elk**

As people spin faster and faster in the pursuit of merely personal happiness, they become exhausted in the futile effort of chasing themselves.

**Andrew Delbanco**

I should have been smart enough to stay happy. But my ambition ruled my life.

**Eva Gabor**

Always keep that happy attitude. Pretend that you are holding a beautiful fragrant bouquet.

**Earl Nightingale**

The world is so full of a number of things, I'm sure we should all be as happy as kings.

**Robert Louis Stevenson**

Few people can be happy unless they hate some other person, nation, or creed.

**Bertrand Russell**

The struggle itself towards the heights is enough to fill a man's heart. One must imagine Sisyphus happy.

**Albert Camus**

Of all the things which wisdom provides to make us entirely happy, much the greatest is the possession of friendship.

**Epicurus**

A sound mind in a sound body, is a short, but full description of a happy state in this World: he that has these two, has little more to wish for; and he that wants either of them, will be little the better for anything else.

**John Locke**

A man is not rightly conditioned until he is a happy, healthy, and prosperous being; and happiness, health, and prosperity are the result of a harmonious adjustment of the inner with the outer of the man with his surroundings.

**James Allen**

Off with you! You're a happy fellow, for you'll give happiness and joy to many other people. There is nothing better or greater than that!

**Ludwig van Beethoven**

This life is yours. Take the power to choose what you want to do and do it well. Take the power to love what you want in life and love it honestly. Take the power to walk in the forest and be a part of nature. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy.

**Susan Polis Schutz**

A business is successful to the extent that it provides a product or service that contributes to happiness in all of its forms.

**Mihaly Csikszentmihalyi**

Happiness makes up in height for what it lacks in length.

**Robert Frost**

We act as though comfort and luxury were the chief requirements in life, when all we need to make us really happy is something to be enthusiastic about.

**Charles Kingsley**

The palace is not safe when the cottage is not happy.

**Benjamin Disraeli**

To the woman who complained that riches hadn't made her happy, the Master said "You speak as if luxury and comfort were ingredients of happiness; whereas all you need to be really happy, my dear, is something to be enthusiastic about.

**Anthony de Mello**

What I know is, is that if you do work that you love, and the work fulfills you, the rest will come.

**Oprah Winfrey**

Cheerfulness in most cheerful people is the rich and satisfying result of strenuous discipline.

**Edwin Percy Whipple**

It's a helluva start, being able to recognize what makes you happy.

**Lucille Ball**

She thinks that happiness is a mat that sits on her doorway.

**Rob Thomas**

Men are happy to be laughed at for their humor, but not for their folly.

**Jonathan Swift**

A happy life must be to a great extent a quiet life, for it is only in an atmosphere of quiet that true joy dare live.

**Bertrand Russell**

When you are happy you can forgive a great deal.

**Princess Diana**

If you can be well without health, you may be happy without virtue.

**Edmund Burke**

If someone loves a flower of which just one example exists among all the millions and millions of stars, that's enough to make him happy when he looks at the stars.

**Antoine de Saint-Exupéry** (The Little Prince, 1943)

Usefulness is happiness, and... all other things are but incidental.

**Lydia Maria Child**

Don't wish me happiness – I don't expect to be happy it's gotten beyond that, somehow. Wish me courage and strength and a sense of humor – I will need them all.

**Anne Morrow Lindbergh**

Puritanism: The haunting fear that someone, somewhere, may be happy.

**H. L. Mencken**

We are seldom happy with what we now have, but would go to pieces if we lost any part of it.

**Mignon McLaughlin**

You don't develop courage by being happy in your relationships everyday. You develop it by surviving difficult times and challenging adversity.

**Epicurus**

Joy is a flower that blooms when you do.

**Anonymous**

Misery is almost always the result of thinking.

**Joseph Joubert**

It is a kind of spiritual snobbery that makes people think they can be happy without money.

**Albert Camus**

No married man is genuinely happy if he has to drink worse whisky than he used to drink when he was single.

**H. L. Mencken**

Those who can laugh without cause have either found the true meaning of happiness or have gone stark raving mad.

**Norm Papernick**

My crown is called content, a crown that seldom kings enjoy.

**William Shakespeare**

Man's real life is happy, chiefly because he is ever expecting that it soon will be so.

**Edgar Allan Poe**

Wine is constant proof that God loves us and loves to see us happy.

**Benjamin Franklin**

To be happy at home is the ultimate result of all ambition, the end to which every enterprise and labor tends, and of which every desire prompts the prosecution.

**Samuel Johnson**

Cheerfulness is what greases the axles of the world. Don't go through life creaking.

**H.W. Byles**

The secret of happiness is to find a congenial monotony.

**V.S. Pritchett**

Only buy something that you'd be perfectly happy to hold if the market shut down for 10 years.

**Warren Buffett**

The secret of being miserable is to have the leisure to bother about whether you are happy or not. The cure is occupation.

**George Bernard Shaw**

I'm happy that I have brought laughter because I have been shown by many the value of it in so many lives, in so many ways.

**Lucille Ball**

If thou be industrious to procure wealth, be generous in the disposal of it. Man never is so happy as when he giveth happiness unto another.

**Robert Bulwer Lytton**

Behold, we count them happy which endure. Ye have heard of the patience of Job.

**Bible**

In the confusion we stay with each other, happy to be together, speaking without uttering a single word.

**Walt Whitman**

There are two ways of being happy: We must either diminish our wants or augment our means – either may do – the result is the same and it is for each man to decide for himself and to do that which happens to be easier.

**Benjamin Franklin**

When you were born, you cried and everybody else was happy. The only question that matters is this – when you die, will you be happy when everybody else is crying?

**Tony Campolo**

To be without some of the things you want is an indispensable part of happiness.

**Bertrand Russell** (The Conquest of Happiness)

Some of you say religion makes people happy. So does laughing gas.

**Clarence Darrow**

Wisdom allows nothing to be good that will not be so forever; no man to be happy but he that needs no other happiness than what he has within himself; no man to be great or powerful that is not master of himself.

**Lucius Annaeus Seneca**

If the day and night be such that you greet them with joy, and life emits a fragrance like flowers and sweet-scented herbs, is more elastic, more immortal – that is your success. All nature is your congratulation, and you have cause momentarily to bless yourself.

**Henry David Thoreau**

There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good: Myself. But my duty to my neighbor is much more nearly expressed by saying that I have to make him happy if I may.

**Robert Louis Stevenson**

Precisely the least, the softest, lightest, a lizard's rustling, a breath, a flash, a moment – a little makes the way of the best happiness.

**Frederich Nietzsche** (Thus Spake Zarathustra)

Happiness is like the penny candy of our youth: we got a lot more for our money back when we had no money.

**Mignon McLaughlin** (The Neurotic's Notebook, 1960)

Happy or unhappy, families are all mysterious. We have only to imagine how differently we would be described – and will be, after our deaths – by each of the family members who believe they know us.

**Gloria Steinem**

People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost.

**H. Jackson Browne**

Just stop for a minute and you'll realize you're happy just being. I think it's the pursuit that screws up happiness. If we drop the pursuit, it's right here.

**James Hillman**

But what is happiness except the simple harmony between a man and the life he leads?

**Albert Camus**

This is my "depressed stance." When you're depressed, it makes a lot of difference how you stand. The worst thing you can do is straighten up and hold your head high because then you'll start to feel better. If you're going to get any joy out of being depressed, you've got to stand like this.

**Charlie Brown**

How happy is the blameless vestal's lot? The world forgetting, by the world forgot.

**Alexander Pope**

Life, an age to the miserable, and a moment to the happy.

**Francis Bacon**

Can anything be so elegant as to have few wants, and to serve them one's self?

**Ralph Waldo Emerson**

Pleasure is spread through the earth. In stray gifts to be claimed by whoever shall find.

**William Wordsworth**

There are some days when I think I'm going to die from an overdose of satisfaction.

**Salvador Dali**

Those who weep for the happy periods which they encounter in history acknowledge what they want; not the alleviation but the silencing of misery.

**Albert Camus**

Jumping for joy is good exercise.

**Anonymous**

Pleasure is very seldom found where it is sought. Our brightest blazes are commonly kindled by unexpected sparks.

**Samuel Johnson**

I am a kind of paranoiac in reverse. I suspect people of plotting to make me happy.

**J.D. Salinger**

We see many who are struggling against adversity who are happy, and more although abounding in wealth, who are wretched.

**Tacitus**

Happiness is your dentist telling you it won't hurt and then having him catch his hand in the drill.

**Johnny Carson**

To live a pure unselfish life, one must count nothing as one's own in the midst of abundance.

**Buddha**

My advice to you is not to inquire why or whither, but just enjoy your ice cream while it's on your plate.

**Thornton Wilder**

One should be either sad or joyful. Contentment is a warm sty for eaters and sleepers.

**Eugene O'Neill**

You cannot say that you are happy when you don't win.

**Arsene Wenger**

When I'm in love, I wake up happy.

**Enrique Iglesias**

It is a comely fashion to be glad; Joy is the grace we say to God.

**Jean Ingelow**

Unquestionably, it is possible to do without happiness; it is done involuntarily by nineteen-twentieths of mankind.

**John Stuart Mill**

Tranquil pleasures last the longest; we are not fitted to bear the burden of great joys.

**Christian Nestell Bovee**

Often people attempt to live their lives backwards; they try to have more things, or more money, in order to do more of what they want, so they will be happier. The way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want.

**Margaret Young**

Real elation is when you feel you could touch a star without standing on tiptoe.

**Doug Larson**

Eden is that old-fashioned house we dwell in every day

Without suspecting our abode until we drive away.

**Emily Dickinson**

Happy is he who can trace effects to their causes.

**Virgil**

What a wonderful life I've had! I only wish I'd realized it sooner.

**Colette**

Every now and then,  
when the world sits just right,  
a gentle breath of heaven  
fills my soul with delight...

**Hazelmarie 'Mattie' Elliott**

All of us have had the experience of a sudden joy that came when nothing in the world had forewarned us of its coming – a joy so thrilling that if it was born of misery we remembered even the misery with tenderness.

**Antoine de Saint-Exupéry**

“Well,” said Pooh, “what I like best,” and then he had to stop and think. Because although Eating Honey was a very good thing to do, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called.

**A.A. Milne**

Allow children to be happy in their own way, for what better way will they find?

**Samuel Johnson**