

“A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken.”
- Proverbs 15:13

“Who is rich? One who is happy with his portion.”
- Pirkei Avot 4:1

Everyday we come across someone using the word “happy” in a conversation. Most of the time though, it is because people are complaining about their “unhappiness.” If it isn’t about unhappiness at work, it’s about unhappiness in a marriage, unhappiness with their children’s behavior, unhappiness about health issues, unhappiness about finances, unhappiness in regard to world news. But it is unhappiness that can cause stress. Major stress. Unhappiness causes one to focus on the negative – and the lack - in one’s life. It is much easier in our society to be unhappy than happy. People will commiserate with you when you are unhappy. But come to work with a cheery “Good Morning” and chances are you’ll be attacked. Why do you think we tend to make fun of people with perpetual smiles and upbeat attitudes?

Imagine what the world would be like if people were reprimanded for being unhappy. Imagine how most people would feel if every second they were reminded of all the good things in life. A lovely home, a loving family, an interesting job, good friends, a reliable car, a spiritual connection. How much better would your life be if you focused on happiness and joy, instead of unhappiness? Make the decision now to be happy and grateful for everything in your life. What a wonderful difference it will make in your life and in your stress!

This month, see what these famous people say about happiness. I got carried away so you might print out the quotes and read a different one each day. Discuss the quotes with your friends, family, and co-workers and look at ways to incorporate this Biblical Stress Management technique into your life. Joyfully Yours, Gail

Happiness Quotations

- ◆ Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. - Albert Schweitzer
- ◆ We all live with the objective of being happy; our lives are all different and yet the same. - Anne Frank
- ◆ Action may not always bring happiness, but there is no happiness without action. - Benjamin Disraeli
- ◆ You can never get enough of what you don't need to make you happy. - Eric Hoffer
- ◆ Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort. - Franklin D. Roosevelt
- ◆ Happiness is having a large, loving, caring, close-knit family in another city. - George Burns
- ◆ There is only one happiness in life, to love and be loved. - George Sand
- ◆ Many people 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
- ◆ 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 been opened for us. - Helen Keller
- ◆ That man is richest whose pleasures are cheapest. - Henry David Thoreau
- ◆ All seasons are beautiful for the person who carries happiness within. - Horace Friess
- ◆ The foolish man seeks happiness in the distance, the wise grows it under his feet. - James Oppenheim
- ◆ Happiness often sneaks in through a door you didn't know you left open. - John Barrymore
- ◆ It's pretty hard to tell what does bring happiness. Poverty an' wealth have both failed. - Kin Hubbard
- ◆ Whoever is happy will make others happy, too. - Mark Twain
- ◆ The greatest part of our happiness depends on our dispositions, not our circumstances. - Martha Washington
- ◆ Growth itself contains the germ of happiness. - Pearl S. Buck
- ◆ There is no duty we so underrate as the duty of being happy. By being happy we sow anonymous benefits upon the world. - Robert Louis Stevenson
- ◆ The happiest moments of my life have been the few which I have passed at home in the bosom of my family. - Thomas Jefferson

- ◆ Happiness is not a matter of events; it depends upon the tides of the mind. - Alice Meynell
- ◆ The really happy person is one who can enjoy the scenery when on a detour. - Unknown
- ◆ The supreme happiness in life is the conviction that we are loved — loved for ourselves, or rather, loved in spite of ourselves. - Victor Hugo
- ◆ Happiness is not a station you arrive at, but a manner of traveling. - Margaret Lee Runbeck
- ◆ Most people would rather be certain they're miserable, than risk being happy. - Robert Anthony
- ◆ Happiness is a warm puppy. - Charles Schulz
- ◆ The Constitution only gives people the right to pursue happiness. You have to catch it yourself. - Ben Franklin
- ◆ Nobody really cares if you're miserable, so you might as well be happy.- Cynthia Nelms
- ◆ Good humor is one of the best articles of dress one can wear in society. - William Makepeace Thackeray
- ◆ Some cause happiness wherever they go; others whenever they go. - Oscar Wilde
- ◆ Even if happiness forgets you a little bit, never completely forget about it. - Jacques Prévert

DIGGING

What a difference a change in attitude can make on the happiness meter.

The story is told of two children, who viewed the world from different viewpoints.

The first child was put into a sand box filled with toys. He dug for a few minutes and then cried for his mommy because he was bored and unhappy.

The second child was given a shovel and placed in barn filled with manure. For hours he gleefully laughed and shoveled the manure. When asked why he was so happy, he exclaimed "I just know I'll find a horse soon!"

Which attitude will you choose?

With joy, Gail Bretan, MS, CRC, www.BiblicalStressManagement.com

PO Box 740774, Boynton Beach, FL 33474-0774

(561) 676-5255, gail@bretan.com

To unsubscribe, please hit the reply button and type "unsubscribe" in the subject line.