

## The Meaning of Happiness

Happiness is a feeling that a minority of people has, and a majority seeks to have as people conduct their daily lives and think about their lives; how they live and what they already have of the things that matter to them most. Thus, happiness is a state of mind related to what you have and how you live, and a social activity. Contentment and satisfaction and feeling free in a free society are states of mind that help people feel happy; but they are not enough by themselves because they tend to change from time to time. To feel happy, people need to also derive pleasure from the things they do on daily basis, like regular work, voluntary work serving good causes, and particular hobbies. Thus pleasure derived from daily work, and satisfaction derived from contentment are the major two things that lead to happiness; they represent the state of mind of being satisfied with what you have and how you live, and feeling lucky and glad to be doing what you do.

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