

Happiness: Lessons From A New Science By Gloria

This book tells us the basic way of living so as to achieve happiness. Some people are happy with very little money, while for others shortage of cash is a real problem. These are some of the barriers to happiness. Everybody has problems of one sort or another. In fact, it is healthy to have some unfulfilled desires and something to aim at. If you never wanted the situation to be different from how you observe it to be, this is a real problem, but it is not of itself a barrier to happiness. There are people who do not worry about money. They seem to be in the minority. Most of the rest of us worry whether we have enough for the moment, or enough or more than enough; many worry about whether they are using their money in the right way. While money worries of one sort are almost universal, not everyone is prevented from being happy by the fact of having money worries. I believe that it is right that money should be important to us and that those who deny this are denying a fundamental aspect of humanity and civilization. In fact the whole matter of being happy about money, regardless of how much you actually have or owe, is very important.

If we are truly happy with ourselves, we will find relationships with other people much easier. Also, if we can have a good relationship with others, our own general sense of well-being will be enhanced, and this is vital for our happiness. In the same way as being happy with ourselves requires self-knowledge, being happy with others requires knowledge and understanding of them.

Since we live in a material world, whether or not we are materialistic, as some people put it, we still have to handle material objects in order to do almost everything we do. We may find that some people who claim that material possessions are unimportant, and that all that matters is a good conscience, and good relationships with other people. They say that material possessions are not sufficient and we need a clear conscience and healthy relationships in order to be happy, and you do need a clear conscience and healthy relationships in order to be happy. But they still rely on things made in factories. Therefore, material things are vital to us. We depend upon them. Some people fight over them, others seem to dedicate their lives to obtain them, and others to trying to prove that they don't need them. Our happiness, in fact, depends upon having a healthy relationship with the inanimate world of things.

All in all, there are many things we need to know in order to feel happy and it's this book which gives you a glimpse of how happiness should be achieved.

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