

The Pursuit of Happiness

It is reasonable to conclude that virtually everyone wants to be happy in this journey called life. And it is of such fundamental importance to the human condition that the *United States Declaration of Independence* proclaims that “life, liberty and the pursuit of happiness” are our unalienable rights.”

Wikipedia, the free encyclopedia, defines happiness as “a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy.”



This year, *Happy*, a song written and performed by Pharrell Williams, became an anthem and inspired clips from around the world. Our Clinical Services department even performed their own interpretive dance to the song during the annual meeting of directors of nursing in May.

Happiness is a fuzzy concept and can mean different things to many people. Here are some examples – what some famous people have said about it:

- *Most people are about as happy as they make up their minds to be.*
– Abraham Lincoln
- *Happiness is a perfume you cannot pour on others without getting a few drops on yourself.*
– Ralph Waldo Emerson
- *It is only possible to live happily ever after on a day-to-day basis.*
– Margaret Bonnano
- *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
- *Happiness is nothing more than good health and a bad memory.*
– Albert Schweitzer
- *The greatest part of our happiness depends on our dispositions, not our circumstances.*
– Martha Washington
- *You can never get enough of what you don't need to make you happy.*
– Eric Hoffer
- *Happiness is when what you think, what you say, and what you do are in harmony.*
– Mohandas Gandhi
- *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
- *Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.*
– Denis Waitley

No doubt, each of us has our own ideas about happiness and what constitutes it.

My prayer for you is that you inspire happiness in others through the joy that overflows from within yourself.

– Beecher Hunter