

Chapter 1 : 9 Places Unhappy People Look for Happiness

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This may sound like a strange question for a therapist to ask, but I like to get people thinking of things they may not be inclined to consider. Let me say one thing: If you are experiencing depression or sadness, which are different, I have been there. This is in no way a commentary on your personal experience. If happiness was something to be found, we could find it easily with that much information available. Yet here we are in the 21st century, and judging by titles in the self-help section, happiness continues to be elusive. According to the World Health Organization and other studies, as many as 9. These studies also identify depression as the leading cause of disability in the United States. Fifty years ago, the average age of onset was Today it is fourteen. How can this be? We purchase all the material items a commercial tells us will make us happy. Back to the question. Could the search for happiness be a major factor in the increasing rate of depression? Here are some things to consider: Over 50 years ago, people were less focused on being happy and more focused on doing the right thing based on their values. Happiness was not mentioned as a primary motivator. A thing found can also be lost or stolen, which implies that it is outside of ourselves and out of our control. People who strive for happiness find neither happiness nor health. If you are experiencing sadness, grief, or a Major Depressive Disorder, please understand that you can overcome. Take care of yourself physically, mentally, emotionally, and spiritually. Surround yourself with safe people that will challenge you to grow in those areas and who will accept your challenges as well.

Chapter 2 : Hector And The Search For Happiness () - Rotten Tomatoes

It may be that the easiest way to kill happiness is to pursue happiness. A desperate search for happiness will likely put too much emphasis on self, and that could backfire.

Finding minimalism in a world of consumerism. They know it is not a reaction to present circumstances. Instead, happiness is an available decision despite them. They have removed the thinking that waits for everything to be perfect before joy in life is experienced. On the other hand, unhappy people are always searching for happiness. They believe happiness is reliant upon the acquisition of something new or something different. They are constantly chasing, but never attaining. Often times, they search for it in all the wrong places. In their next purchase. For too many, it has been ingrained into their thinking the proper way to attain happiness is to find it in their next purchase. As a result, joy is sought in bigger houses, nicer cars, cooler technology, or more fashionable clothing. Most possessions never satisfy. In fact, the joy they bring is entirely fleeting. And those who search for happiness in them are left to chase the next purchase and the next and the next. In their next paycheck. Money is not the secret to happiness. It never has been and never will be. And the sooner we realize this truth, the sooner we can discover the freedom that accompanies no longer desiring riches. In their next relationship. We were designed for relationship and there is great joy to be found in them. But relationship, by its very nature, requires humility and selflessness. And believing there is another person out there that can bring complete happiness into your life is to embark on a journey with no destination and often with disastrous outcomes. In their next physical enhancement. Healthy bodies and healthy diets are important. I would never speak against their benefit. They allow us to maximize our days and effectiveness. But those who seek happiness in tighter butts, slimmer waists, and larger biceps are looking for fulfillment in physical bodies that were never designed to bring such outcomes. Happy people understand the importance of physical discipline. But they do not base their happiness on their physical appearance. In their next competition. I have come to understand the mindset of competition in our world is based on a faulty premise. But this thinking is incorrect. The pie keeps growing. And those who seek happiness by ruthlessly beating out another compete only against themselves. In reality, the quickest way to find happiness in your life is to help someone else find it in theirs. In their next job. It is important to pursue work you love in an occupation that contributes good to society and the world around you. This type of work brings fulfillment and promise to our lives. Work always requires blood, sweat, and tears—that is what makes it work. Again, those who are continually experiencing disdain in their present career because they think the next one will be perfect, are chasing happiness in the wrong places. While there may be a time for change in employment, there may also be a time for change in your approach to it. In their next escape. Unhappy people seek escape. They believe distraction from their present circumstance is a shortcut to happiness. They often turn to television, addiction, or weekend getaways to numb the pain. But the entertainment always ends, the morning always comes, and the vacation always concludes. Meanwhile, the present circumstances have not changed—they have only been complicated. Happy people recognize their circumstances and do not require escape from them. Instead, they choose to practice peace inside them. In the next person to solve their problems. Blame is a dangerous habit and a very real obstacle to happiness. Shifting the responsibility for shortcomings onto another person or external factor immediately eliminates any need or motivation to change. Instead, the victim remains trapped in a cell they built themselves—waiting for someone else to come solve their problems for them. But every time we blame someone else for our unhappiness, we lose. And in the long run, it keeps fulfillment and happiness just out of reach. In accepting things just the way they are. Happiness can be discovered at any point in our lives regardless of our circumstances. But finding happiness in them does not mean we are complacent in the face of things that can be changed. It does not mean we stop striving or growing or maturing. We do not use happiness or contentment as an excuse for mediocrity. Instead, we walk forward in confidence and discipline to become the best possible versions of ourselves—not just for our own well-being, but for the well-being of others. Your happiness is based solely on your decision to be happy—and this may be one of the most important life lessons any of us could ever learn.

Chapter 3 : Searching for happiness: What makes life meaningful? - The Berkeley Science Review

Unhappy people are always searching for happiness. They believe happiness is reliant upon the acquisition of something new or something different. Consider this list of 9 places unhappy people look for happiness.

Hedonism, an ancient Greek philosophy, stated that the chief end of man was happiness. Democritus, who lived in BC, said, "Happiness is the object of our conduct. Hospital beds are filled with unhappy and lonely people. Some doctors estimate that over 80 percent of patients are suffering as a result of emotional distress. A world-famous psychiatrist claims that "the central neurosis of our time is emptiness. It is claimed that Voltaire who was famous for his infidelity said on his death bed, "I am lost! Oh, that I had never been born. Happiness comes from within. It is a by-product of an inner condition. If one lives only for personal happiness, he will probably never find it. As one person said, "The search for happiness is one of the chief sources of unhappiness. The search for happiness is one of the chief sources of unhappiness. Happiness for one man is to be an accountant, for another a farmer. Happiness for one woman is not to have any more children, for another to have several more. For me, happiness begins with being honest with myself and learning to understand and accept myself for who and what I really am. This way I can utilize my strengths and work towards overcoming my weaknesses. Some of them can be changed. I was once talking to a union representative on a construction job. At the time he was also demonstrating for a cause that was popular back then. He told me he joined this group because it gave him something to live for. All articles on this website are written by Richard Dick Innes unless otherwise stated.

Chapter 4 : Searching for Happiness Can Become a Barrier to Your Happiness

Happiness is a choice we make, every day, no matter where we are. It comes from recognizing that circumstances don't bring happiness, things don't bring happiness, achievements don't bring.

When life was hard, I would take a deep breath and step away from life. Creating happiness can be as simple as that. It can be taking time to notice the beauties around you. It can be painting a picture, participating in a hobby, or doing something nice for someone in need. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. Happiness is the one thing we all want most in this life, the one thing most of us will spend a good deal of our time searching for. I wasted a lot of time in pursuit of my own little piece of happiness before learning that I was wasting my time. As a middle school student you probably learned about the science of energy. Energy can neither be created nor destroyed. It simply exists, waiting for us to harness it for our use. In this sense, happiness is the opposite of energy. Happiness does not and cannot exist on its own in nature. Happiness is not a commodity that can be bought or paid for. It is also not some wily creature living in the dark corners of the earth, laughing at our attempts to capture it. And it is not a object that merely attaches itself to a person, a place, or an event, and then waits for us to run into it someday. No, the reason that you will not find happiness is because it cannot be found. To have it, one must first create it. Let me repeat, happiness is created. Having dealt with depression in my life, I have a hard time believing this idea. When the world around you has been sapped of its color, it is almost impossible to simply choose to feel happiness. Likewise, sometimes we face challenges that seem totally insurmountable, and our hearts are twisted so tightly that it feels as though all the happiness has been simply wrung out. Creating happiness is different. You are not simply filling the void of an old happiness that you have lost. You have to work to make something unique that will open up spaces in your heart you never knew existed, and re-inflate that heart in a new way. But as I started to reach some of those milestones, I was disappointed to find that the happiness that I had imagined secured to them was not there. So I decided to change. I decided to try creating my own happiness. Just go for it! You are bringing something new into existence! Put your all into it, and you will be able to feel happiness being created. Involve others -- people you care about like friends and family -- and you will be almost sure to create happiness. When I was in college, playing Rock Band was something I did to create happiness. It may sound dumb, but it worked for me. I would crank up the sound, strap on a guitar, and dance around the room as I played on the keys. When one of my roommates walked by and saw me doing this, laughter would invariably ensue. Then she would usually join me, and the little bubble of happiness that I had formed for myself would grow and grow until it engulfed us both. I created happiness in other ways as well. I found ways to serve others and to take joy in menial tasks. When I put my heart into creating happiness, I found that it was easy to carry around with me. There was no longer a need to wait for it to fall into my lap. Sure, I still have bad days, hard weeks, and even devastating months. But I know that no matter what happens, happiness will not evade me forever because I have the capacity within me to create it again. And you know what? I believe it is because I learned to do this that I was even able to achieve some of those goals that I used to dream would bring happiness to me! Creating happiness has helped me reach my goals, but more importantly, it has made life not only bearable but wonderfully enjoyable. Please stop looking for happiness. You will never find it. The only real happiness is the kind you create for yourself. Service is one of the easiest ways to grow a little sprout of happiness, because it involves helping another to create their own. This post first appeared on Forward Walking, an online magazine dedicated to helping people move forward through the challenges, trials, and heartaches of life:

Chapter 5 : Happiness Quotes (quotes)

"Martin Thielen's new book, Searching for Happiness, is a captivating read. I read it straight through in one sitting. Using Scripture, science and personal experience, Martin reminds us eloquently that happiness does not come from material things or external circumstances, but rather, real contentment comes from within us.

A mother and child play under sunset. A desperate search for happiness will likely put too much emphasis on self, and that could backfire. But what does it mean to be happy? Do you have to be rich to be happy? Can you be happy if you are poor? Yes, but it may be more difficult. Scientists at the National Institutes of Health and several research institutions announced two years ago that women who had the "happiness gene" said they were happier than women without it. But the same gene is known as the "warrior gene" because it is also associated with aggressiveness and antisocial behavior. Maybe that explains why women tend to be happier than men, these researchers concluded. Although there is much disagreement among the experts, there is some consensus on at least one factor: Having others in your life is critical. The biggest foe of happiness may simply be loneliness. They conducted six experiments involving persons of all ages across the country and concluded that making someone smile is as good for the giver as it is for the receiver. But, they added, if you set out to make someone happy, instead of just smile, you will probably fail. In all six experiments, participants who set out to achieve a concrete goal, like making someone else smile, felt they had succeeded, although those who tried to make someone else happy felt like they had fallen short. Psychologists led by Yale University concluded three years ago that happiness has a "dark side" because trying too hard to find it can lead to "disappointment and decreased happiness. In other words, it helped, but not a lot. Most of us probably would like to check that out for ourselves. However, in the University of Leicester in England announced the first "world map of happiness" showing that money matters. A survey covering countries showed that only health beat out wealth as the most important factors in achieving happiness. Education came in third, reinforcing that old definition of happiness as being healthy, wealthy and wise. But that study was self-fulfilling in that the researchers defined happiness as having health and welfare. If we all tried to make someone else smile, the world would at least seem happier.

Chapter 6 : Hector and the Search for Happiness (film) - Wikipedia

As we muddle through our days, the quest for happiness looms large. In the U.S., citizens are granted three inalienable rights: life, liberty, and the pursuit of happiness.

Many people are so focused on trying to find happiness. By chasing happiness, you actually often chase it away. The Solution: But what if searching for happiness actually prevents us from finding it? In a series of new studies led by the psychologist Iris Mauss, the more value people placed on happiness, the less happy they became. I saw it happen to Tom, a savant who speaks half a dozen languages, from Chinese to Welsh. In college, Tom declared a major in computer science, but found it dissatisfying. He became obsessed with happiness, longing for a career and a culture that would provide the perfect match for his interests and values. Within two years of graduating from college, he had bounced from working at the United Nations to an Internet startup in New York, applied for jobs as a supermarket manager, consultant and venture capitalist, and considered moving to Puerto Rico, Trinidad, Colombia, or Canada. After another year, he was doing standup comedy, contemplating a move to London to pursue an advanced degree in education, philosophy of science, management, or psychology. But none of these paths made him happy. Dissatisfied with his own lack of progress toward happiness, he created an online tool to help people develop more productive habits. In the next two years, he was off to Montreal and Pittsburgh, then back to Germany working on a website to help couples spend more quality time together. Still not happy, he abandoned that plan and returned to Beijing to sell office furniture. The first blunder was in trying to figure out if he was happy. When we pursue happiness, our goal is to experience more joy and contentment. This creates a problem: Consider several decades of research by the psychologist Mihaly Csikszentmihalyi on flow, a state of complete absorption in an activity. But afterward, looking back, they describe flow as the optimal emotional experience. By looking everywhere for happiness, Tom disrupted his ability to find flow. He was so busy assessing each new job and country that he never fully engaged in his projects and relationships. Instead, he became depressed and entered a vicious cycle documented by psychologists Katariina Salmela-Aro and Jari-Erik Nurmi: As psychologist Dan Gilbert explains in *Stumbling on Happiness*, we tend to overestimate the emotional impact of positive life events. Each time Tom moved to a new job and country, he was initially excited to be running on a new treadmill, but within a matter of months, the reality of the daily grind set in: Yet a wealth of evidence consistently shows that self-focused attention undermines happiness and causes depression. In one study, Mauss and colleagues demonstrated that the greater the value people placed on happiness, the more lonely they felt every day for the next two weeks. In another experiment, they randomly assigned people to value happiness, and found that it backfired: As Tom changed jobs and countries alone, he left behind the people who made him happy. When we want to be happy, we look for strong positive emotions like joy, elation, enthusiasm, and excitement. Research led by the psychologist Ed Diener reveals that happiness is driven by the frequency, not the intensity, of positive emotions. When we aim for intense positive emotions, we evaluate our experiences against a higher standard, which makes it easier to be disappointed. Indeed, Mauss and her colleagues found that when people were explicitly searching for happiness, they experienced less joy in watching a figure skater win a gold medal. Studies indicate that an intense positive experience leads us to frame ordinary experiences as less positive. Tom was looking so hard for the perfect job and the ideal country that he failed to appreciate an interesting task and a great restaurant. Today, for the first time in more than a decade, Tom reports being "and appears to be "happy. Instead of pursuing happiness alone, he fell in love and got married. I believe this is true for happiness: This article originally appeared at LinkedIn.

*Eckhart advises giving up the search for happiness and instead focusing on the present moment and your own deepening Presence. *****.*

Only this time look deeper into what it might mean. I think we can all agree that we not only want our lives to be happy, but that we are all in search of some kind of happiness. Happy is subjective, of course. How you define happiness may be different from how I define it. To me, happiness is an experience, a state of mind or feeling, rather than something tangible that can be held or observed. Since I perceive happiness as an experience, I have control over how often I experience it. However, contrary to societal belief, happiness is not something to be located or obtained. Happiness, as so many would be inclined to believe, does not come in a material form, nor is it tangible in a sense of being driven or bought. Happiness is a sense of satisfaction and contentment that is created or designed by you, and you alone. Creating your own happiness is an inside job, which makes it unique and personal to you only. How can searching for happiness become a barrier to your happiness? If you function under a strong belief system that an automobile, a home, a mate, a college degree, or a job will bring you happiness; and this is all you focus on achieving by consistently searching for it through external means, as well as holding on to the expectation that once achieved you should feel happy, then disappointment will soon follow. However, we must acknowledge that externals are impermanent and often have an expiration date. It would not be wise to rely on them for long-term happiness. Putting all your efforts into external ways of achieving happiness, and less on internal ways of creating your happiness, can get in the way of you ever experiencing happiness. Creating happiness within is a full-time job. It takes a consistent effort to maintain. However, maintaining your happiness is not a burdensome task because the outcome of your efforts tends to lead to a sense of empowerment. This sense of empowerment comes from knowing that you single-handedly designed your own blueprint for long-term happiness. The way in which you create your internal happiness is psychologically termed behavior activation BA. It simply means to take positive action or engage in pleasurable value-based activities that will improve your mood, thereby adding joy to your life. Behavior Activation is a basic cognitive behavioral therapeutic CBT coping strategy that is encouraged for those who struggle with depressed moods or bouts of unhappiness. Anyone can benefit from its effects. The following is a short list of ways in which you can practice behavior activation in the form of pleasurable activities:

Chapter 8 : Searching for Happiness | Discovery Education

But what if searching for happiness actually prevents us from finding it? There's reason to believe that the quest for happiness might be a recipe for misery. In a series of new studies led by the psychologist Iris Mauss, the more value people placed on happiness, the less happy they became.

Maybe I would be able to feel happier and more fulfilled if I turned my back on the world of today and instead started living a simple life. After all, despite the fact that technology has made our lives easier over the past century, people do not report being happier than they were before smart phones, computers, and the internet. Picture it – a cabin in the woods next to a gurgling river, a garden out back with beautiful flowers and delicious produce, a feeling of being close to nature, like my ancestors. More time for important social interactions, which are really at the heart of a meaningful life. No more random interneting or hours spent ignoring my husband in favor of my smart phone. But would I really be happier if I gave up modern conventions and moved to an isolated cabin? Up until a few hours ago, I really thought that might be the solution. He felt that the internet was preventing him from figuring out who he truly was, and it was time to take back his life and his identity. And giving up the internet was good – for the first few months. He spent more time with friends, used his boredom to write more and explore his creativity in other ways. He read more and went out more. But then Paul adjusted to not having the internet and soon found himself developing bad habits offline. He was unable to keep in touch with people who were far away, and his snail mail began to overwhelm him until he was unable to cope with sending responses to his fans. The moral of his story – we are who we are and we will be who we will be, internet or no internet. This really got me thinking: Would I really spend more time with my family and working on creative and fulfilling tasks? Or would I find other ways to fill my time that felt just as unproductive and unhealthy as random interneting? Would I find myself bored without the intellectual stimulation of a job? Just as the name suggests, affective forecasting refers to our ability to forecast how we will feel in the future, or how other people feel. And it turns out that we are not that good at it. We focus on the wrong features of the situation, considering only the good, essential aspects and ignoring those other little realities – such as how inconvenient it might be to have to drive a long distance out of the woods in order to reach civilization. Or how annoying the bugs in the woods might be I hate bugs. I also forget that although I will be in a cabin in the woods, living a life with no internet, I will still be me. So those habits that I have now, good or bad, will come with me wherever I go. If I move to a cabin in the woods, my desire to distract myself in the morning with some form of easy entertainment instead of getting out of bed and starting my day is not likely to disappear – I will likely just end up trading a book for my smart phone. That is, although we may experience fluctuations in our feelings of happiness and contentment, we generally tend to fall back to our baseline status quo. So while a new experience might bring you a lot of pleasure in the moment, you will likely find yourself returning to your usual levels of happiness when the novelty wears off. As Paul found out during his internet-free year, the excitement and pleasure at being offline wore off within a few months. These findings suggest that I might benefit from spending a summer living in the woods, but I may find myself feeling just as irksome about life after a year in the woods as I do in my comfy house in the middle of civilization. Finally, recent research shows that we experience more variability in happiness from day to day than we do from person to person. Would I be happier if I got away from the pace, demands, and technology associated with modern day life? I honestly am not so sure. But all of this research does make me think that perhaps as long as my basic needs are met, how I feel inside is going to be a bigger determinant of my happiness than any external factor such as the view from my window. Am I the only one who contemplates giving it all up and go live in the woods?

Chapter 9 : Searching For The Happiness - The search for what makes us happy

Directed by Peter Chelsom. With Simon Pegg, Rosamund Pike, Tracy Ann Oberman, Jean Reno. A psychiatrist searches the globe to find the secret of happiness.

Plot[edit] Hector is a quirky psychiatrist who has become increasingly tired of his humdrum life. He tells his girlfriend, Clara, that he needs to go on a journey to research happiness. On a flight to China, he is seated next to Edward, a cranky businessman. Edward takes Hector to a very exclusive nightclub in Shanghai , where Hector meets a young woman named Ying Li and instantly falls for her. She declines, ashamed of how she makes her living. Their date is interrupted by her pimp, who takes Ying Li away by force. Hector then ventures into the mountains and visits a monastery, where he befriends their leader and talks briefly with Clara via Skype. He Skypes again with Clara, who is going out in a fancy gown and seems uninterested in talking to him. He visits the local woman who he befriended on the plane and her family for dinner. His vehicle is carjacked and Hector is kidnapped and locked in a rat-infested cell. When the kidnappers decide to kill him, Hector claims to be friends with Diego to save himself, but cannot prove it. Upon his release, Hector makes his way back to the village where he celebrates with the locals. While flying to Los Angeles, Hector attends to a woman with a Brain tumor. Hector then goes to the beach in Santa Monica and encounters Agnes, an old girlfriend, who is now happily married with children. Hector calls Clara and they break up in an argument. Agnes and Hector meet with Professor Coreman, who is studying the effects of happiness on the brain. Agnes and Hector check out a project Coreman has been working on, which monitors brain activity in real time and how it reacts to different emotions. Agnes is instructed to go into an isolated room and think about three things: Through his brain-scanning technology , Coreman is able to tell in which order she thought about the three emotions. When Hector takes his turn, he thinks about Clara marrying someone else, about his time being kidnapped, and about Ying Li, but his emotions are strangely blocked. He receives a call from remorseful Clara, who tells him she wants to be a mother. Having finally achieved his own happiness, Hector rushes home and marries Clara. Cast[edit] Simon Pegg as Hector, an eccentric London psychiatrist who sets out on a global quest when his patients stop getting happier.