

# Download Choosing Happiness Think Happy Become Happy

Choosing Happiness by Joanie V Connors, Ph.D. Is happiness a gift we have from our birth or is it something that we can choose? Those who are struggling with negative thinking often ask me if there's really any choice in being happy, and the answer I have to give is both yes and no. Decades of research seem to prove happiness comes about half from what you're born with (nature) and half in ...Are you happy? Do you want to be happier than you are now? Here's the good news: Happiness is the direct and unavoidable result of the correct application of those principles that produce it. In the Nicomachean Ethics, written in 350 BCE, Aristotle stated that happiness (also being well and doing well) is the only thing that humans desire for their own sake, unlike riches, honour, health or friendship. He observed that men sought riches, or honour, or health not only for their own sake but also in order to be happy. Note that eudaimonia, the term we translate as "happiness", is for ...The Power of Doing. The previous two posts in this series dealt with the power of thought and the power of belief in achieving happiness. 10 Ways to Act Yourself Happy introduces you to some of the most essential habits of action that can put a brighter polish to your happiness as you travel that road in this life.. You see, some people wait for happiness to drop on them like so much rain from ...