

Happiness is a prominent factor in humans' s life. It is a concept which is hard to define. Being happy energizes people to pass through the life and overcome all difficulties. It makes us strong strength enough to encounter arduous tasks because of the hope that it will brings to our life.

To explain what happiness is will be difficult because each person has his/her own definition for this phenomenon. Some important factors which make people happy are money, a lovely relationship, an appropriate/decent job, promotion at work, proper social status and healthiness. It depends on and relates to the explanation of every single person about life and the goals they follow to reach. Sometimes even a simple lovely word makes a person happy and leads him/her through a better life.

Happiness has great/fabulous effects such as physically, mentally and emotionally. It makes our body to secrete chemical substances which strengthens us physically and these materials send signals to our brain which acts as drugs. While drugs give us unreal pleasure, happiness have-has a real and positive impression. Had people experienced euphoria, they would have succeeded in many aspects of their life. As it was mentioned and explained, happiness has different meanings. There are families with luxury lifestyles who seek for happiness. In contrast there are families who do-cannot not afford basic necessities of their life, but they know how to make themselves feel happy and enjoy every single second of life.

Overall, the art of living happily is an important issue that most of the people are not familiar with. It is feasible to revel in life by thinking to-about our possessions and trying to attain our goals gradually. Although some factors like healthiness, living in a peaceful country, high income and good family increase happiness, there are main features such as joblessness, addiction, poor parenting which eliminates happiness from human's life.