

Happiness is considered very important in life.

Why is it difficult to define?

What factors are important in achieving happiness?

Nowadays, a current issue around the world is about happiness. All people have been ~~were we~~ seeking happiness since ancient times. Experts Authority figures state that felicity is different from person to person and also in different times. Individuals have different interpretations from happiness. Maybe a child gets happy with a toy whereas it has a different meaning in adulthood.

First of all, some people assert that a lovely family is a huge element for contentment of life. Individuals cannot derive make a pleasure from a situation when they are lonely and are affected by surrounding their immediate environment, and relationships are effective efficient too. It is a great joy for them to be a company with their family. For example when you come back from hard work, spending time with your family can cause of forgetting the pressure and hardships of work and hardship.

Secondly, others argue that not only ample amount of wages but also pursuit success in financial may cause immense inner-satisfaction. For example driving an expensive car or buying a mansion is a felicity element for some people. in addition, a high social status in society may lead to unlimited innumerable happiness.

On the other hand, from my point of view regular physical exercise may cause (can help to) happiness to boost happiness. This not only improves fitness, but also a sense of well-being. For example, yoga and meditation will keep your soul satisfied and calm.

To put it in a nutshell, I can define happiness in one word world which is and that world- is inner-satisfaction. If you are satisfiedly with your job, your life, your family and love yourself, you can reach a great happiness. There are lots of people that have money and a good situation in society who are not happy. While there are some ordinary people that are glad of from their lifestyles.

Test 2 ielts 4

Family

Financial

Yoga

source:google.com