

Some people think that money is one of the most essential factors in promoting happiness.

Do you think people can be happy without much money?

What other factors contribute towards happiness?

Money is considered by many people to be one of the most important contributing factors in happiness. In my opinion, although wealth plays an important role in this regard/being happy, there are some other spiritual factors leading to a happy life.

First of all, I think before starting to talk ~~talking~~ about happiness I have to define the important elements having major roles in it~~being~~ happy. I believe happiness is a **combination** of self-satisfaction, calmness in addition to internal peace which leads to a satisfied person with long-term in addition to short-term beneficial plans in mind. Considering this very the element ~~I just mentioned~~, I believe money have ~~has~~ a critical role ~~to~~ in reduc ~~ing~~ stress, anxiety and overthinking. Just imagine what ~~if~~ you could go to a sauna in ~~on~~ a freezing morning instead of attending your physics class or in ~~on~~ a hot summer day, you could go to a resort enjoying with your friends. These are just some a few simple examples of short-term happiness which are not affordable for everyone, so then I think we can buy ~~t~~ short-term happiness by ~~with~~ money or in ~~on~~ the other hand, wealthy people can purchase this kind of happiness easily by money.

On the other hand, I argue that fortunately or regrettably we cannot buy true love, internal peace or our parents. All of us may experience loss of one of our beloved relatives, we know that money does not have anything ~~much~~ to do with his loss. There are a lot of wealthy people who suffer from insomnia and some other mental disorders such as depression. Not only are ~~not~~ the latter group of people not happy, but they also suffer every minutes of their life. We all know the middle class people who do not live in a palace or the rich part s of the city, but they are making the most out of life ~~enjoying their life at the most of it~~.

In conclusion, I must say that I think it is really import to strike a balance between wealth and spirituality. I meant ~~t~~ we are not here on earth merely to work and earn money. I think to be happy is an art that everyone can learn and with an average level of financial situation can achieve it. However, the path to achieving this goal might be difficult and different from person to person, but this might be the true meaning of life.

