

**Happiness is considered very important in life**

**Why is it difficult to define?**

**What factors are important in achieving happiness?**

It is probably widely accepted that all human beings have been seeking happiness from the outset of their life till death. They go to schools and universities, work, take trips or immigrate in order to reach happiness. . It seems to be an ~~perennial~~ unanswered question. if they ~~be~~ are asked “what really makes you happy”, they typically answer it skeptically.

Besides, as happiness is an inner feeling, it differs for different people. Some people become happy when they earn an immense amount of money, for another group it happens when they are healthy, and their family circle is/are all around them. This subjective emotion, hence, is easy to understand ~~it~~ spiritually, ~~albeit equally hard as much as, hard~~ to explain ~~it~~ for the other individuals, and it can be ~~resemble as compared to~~ fingerprint, since it is unique for each person.

Psychologists have not found any specific factors for happiness. They, however, have cited some items. Financial situation, healthiness, love life, religious beliefs, helping other people are some cases in point. Yet, they are not certain factors for all of the people. Most of us know at least one rich person who does not like his life, and has dismal feelings. On the other hand, some people who live in poverty, and do not have the bare necessities /essentials of life, and still feel happiness. Thus, it can be acquired through our subjective mind, not our objective one.

To sum up, happiness is almost not definable, and ~~have~~ has unknown factors, given that, it does not have a-the same meaning for people from all walks of life. It ~~maybe~~ may differ s for even ~~an~~ identical twins, and giving a single prescription for all human beings is a wrong act.