

Happiness is considered very important in life.

Why is it difficult to define?

What factors are important in achieving happiness?

There has always been a considerable controversy over the topic of what is happiness and how we can achieve it. All of us know that happiness is one of the important parts of our life but we do not have a clear definition about it. From my point of view, ~~happiness-it~~ is very close to being lucky and find~~ings~~ the exact description that everybody accepts it is completely impossible.

Absolutely, happiness is one of the major goals during our life and all of our activities tend to make us happy whereas it is the most complicated debate for mankind. Some people believe that if they have enough money or wealth, they are happy while other individuals accept the other aspects of life like family or friendship to define it. On some occasions, for instance marriage, not only are couples so delighted but also satisfied they feel full of happiness also at the same time and they believe they are the ~~most happiness~~happiest people in the world but after passing two or three months or years, they will become roughness to each other maybe and their dream becomess spoilededs, so. ~~So~~ the description of happiness is relative to what our belief in life is.

This does not mean that for having happiness a strange step should be passed. Happiness derives comes from certain elements~~basic requirements~~. For example if you are sick or have ~~a~~-cancer it is not possible to be happy and have a motivation to make ~~the a~~ better world. My firm conviction is that, for being gladness some primary situations like health, ~~per~~a relaxed mind and kindness are necessary.

To sum up, from people to people, nations to nations, there are numerous definitions to describe happiness. I think we should follow an exact method to achieve happiness and if ~~you-we are content~~have-~~contented manner,~~ we~~you~~ will enjoy ~~your-our~~ life.