

Happiness is considered very important in life.

Why is it difficult to define?

What factors are important in achieving happiness?

In this day and age, life problems and stressful conditions have deteriorated compared to the past. Therefore, making every effort to provide a happiness in life is crucial.

First of all, it is an axiom that ~~the~~-happiness is interpreted in various meanings-ways by every individual. In other words, somebody thinks it will be achieved through material successes and more possession while others believe that their happiness is inextricably bound up in spiritual paths of life. Therefore, happiness is quite complicated to define and it depends on everyone's mindset.

In my opinion, there are a multitude of factors which people's happiness is positively affected by. ~~In terms of health~~, physical and mental health are both invaluable gifts of life and anyone is responsible for preserving them as well. For instance, doing an exercise has much of a role to play in improving body health which in turn leads to getting happy considerably. Moreover, establishing close relationships with family members, particularly immediate ones is another main factor in this regard which everyone should care about. Besides, on the social side, not only do ~~warm-warm~~ friendships bring about more happiness, but also they lead to preparing a peaceful environment which is an essential in life. In addition, from a career standpoint, my firm conviction is that only if everyone has deep interest in their job besides satisfactory income, will they be more satisfied and happy. However, negative impacts of stress at some work atmospheres cannot be denied.

Last but not least, I strongly believe those who attempt to assist others such as poor people and disabled ones in solving their problems are more prone to be happy in their whole life since they always have positive interactions. I think self-awareness and self-knowledge are special characteristics of such people by which they ~~become~~ stand out from others.

In conclusion, it is a fact that plenty of notions of different personalities causes diversity in the real meaning of happiness, even though the mentioned items in previous paragraphs are completely effective in obtaining it.