

What Is Happiness?

Posted on April 18, 2011 by admin

[Writer Name]

[Subject]

[Date]

What Is Happiness?

Introduction

The very interesting mutual effort of a lecturer of Philosophy Hugo Bedau and a lecturer of English Sylvan Barnet, "Current Issues and Enduring Questions" is an objective and very interesting book which gives the benefits of the writer's double expertise in successful credible writing and exact critical thinking. Experienced through 9 extensively adopted editions, it has been reworked to assess the interests of student and trends in argument, analyses, and writing. Its complete study of typical and modern approaches to argument of different observations by different authors, making it an interesting resourceful book. Readings on modern controversies and problems in which (environmental stewardship, relationships between relatives like students and teachers or parents and children, cyber harriving, and the restrictions of reproductive human rights) and usual philosophical queries (like, How free is the will of the individual?) are definite to glow student concentration and energetic debate and writing. No other textbook and reader offers such a wide resource for training argument.

Discussion

Sylvan Barnet, a lecturer of English and also ex director of writing at Tufts University, is the most creative and frequently successful university English text author in the state. His numerous texts on writing and his several collections for introductory work and text courses have remained leaders in their field by several editions. While Hugo Bedau, lecturer of philosophy also at Tufts University, has worked at department of philosophy and also chair of the university's committee on College Writing. He is a worldwide respected expert on the death penalty, and on ethical, political and legal philosophy, a lot of books on these subjects written by him. He is the also the writer Thinking and Writing about Philosophy, **2nd edition (Bedford/St. Martin's)**.

Both the authors collaborately design this book and it has very interesting chapter 'What is Happiness', a great effort in the history of textbooks. According to these authors happiness is not the pleasure of whatever illogical desires people may blindly try to enjoy. It is a state of non contradictory joy, a joy without guilt or fine. Happiness is probable only to a balanced person, the person who wishes not anything but normal tasks, looks for nothing but normal values, and finds his enjoyment in nothing but normal activities, there are no sufferers and no conflicts of interest among normal person, men who do not wish the unearned.

Happiness is a feeling and sensation. So are unhappiness, hate and love, interest, disgust, thrill, jealousy, satisfaction, hopelessness, nervousness, panic, guilt and irritation. All feelings have reasons, reasons which can be controlled and understood.

The authors explain that the feeling of happiness is not caused just by entertaining from whims (Whims are an obstacle to happiness). Happiness is not simply a life lived by collecting the moments of enjoyment and pleasure. On the contrary, it is a long-term continuing enjoyment of life, it is being in love with living. It is the reward for achieving a best nature and individual rational values in life. Few significant values are a dynamic career, friendship, hobbies and romance.

By achieving these values needs wisdom and takes skill and effort. The two kinds of skills people can apply are valuing and thinking skills. Once people study to have self-confidence and once people find out the qualities that make it possible for people to realize and achieve the values and that built the life worth living, then people will knowledge and experience the outcome, an authentic self-esteem and an earned pride. And of course happiness with joy.

Components of Happiness

Authors defined the three components of the happiness in this historical book.

- **The Brain's Set Point**
- **Conditions of Living**
- **Voluntary Options**

The Brain's Set Point: When somebody seems at a situation, they can either look it as negative or positive. And, in further general ways, they look the glass as half empty or half full. Authors describes that though people are somewhat conditioned by the environment, the parents, and even

the forefathers into responding to situations in certain ways, people have the control to convert these responses and reorganize their set point of mind. Doing so can help a negative and unconstructive person become more positive and to look challenges as prospects, not as concerns. Authors also explain that this can be accomplished through **consideration** and cognitive treatment which assists people go beyond their beliefs. The set point has been estimated as making up 50% of talent to be happy.

Conditions of Living: The conditions of living in which the economic position, the status of relationship and even the physical condition. For example, are people well-off or are poor? Did people just get married or are people going by a divorce? Have people recently missing a girlfriend? Did people just suffer an injury? Because the conditions of living are continuously varying, they don't have as huge of an affect on their skill to be happy. In the end, they build up 10% of the happiness equation.

Voluntary Options: Voluntary options having intentional behaviors. Fulfillment and Personal activities are the main types of voluntary options. Personal activities are those that comprise daily activities that bring people happiness, like eating good food, going to ball games, sex, enjoying a hobby, and many more. Fulfillment, however, gets to people heart and what drives people as individuals. What is the **reason**? What do people for make others happy? This last one, how do people make others happy has marvelous and wonderful impact on happiness. Authors described that the best way to feel happy is to make somebody also happy. Voluntary options build up 40% of the formula of happiness.