



THE MANY FACES OF HAPPINESS

Here are a few thoughts on what makes for a happy life. On page 38, we explore this topic in-depth, including nine strategies to be happier.

“In African villages, one would ask in greeting, **‘HOW ARE WE?’** This understanding sees that someone else’s achievements or happiness is in a very real way our own.”

Desmond Tutu, Archbishop Emeritus of Cape Town, South Africa, in 14th Dalai Lama, Desmond Tutu, *The Book of Joy: Lasting Happiness in a Changing World* (2016).



“WITHOUT GOOD THOUGHTS THERE IS NO PEACE, and without peace there is no happiness.”

Mahatma Gandhi, *The Selected Works of Mahatma Gandhi: The Voice of Truth* (1968).

“It is not happiness that makes us grateful. It’s **gratefulness** that **makes us happy.**”

David Steindl-Rast, Catholic Benedictine monk, “Want to Be Happy? Be Grateful,” TEDGlobal 2013 (video), June 2013, ted.com.



“If you want others to be happy, practice compassion; and if you want yourself **to be happy, practice compassion.**”

Dalai Lama, in Dalai Lama and Howard C. Cutler, *The Art of Happiness: A Handbook for Living* (2009).

“Happiness is the purpose and design of existence.

‘Men are, that they might have joy’ [2 Nephi 2:25]. Virtue, uprightness, faithfulness, holiness, and keeping the commandments of God lead to a happy life.”

President David O. McKay, *Pathways to Happiness* (1964).

