



# Happiness Is a Serious Problem: A Human Nature Repair Manual

*Dennis Prager*

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## **We are completely satisfied with nothing**

There is little correlation between the circumstances of people's lives and how happy they are.

## **This is the repair manual we should have been handed at birth**

When you ask people about their most cherished values in life, "happiness" is always at the top of the list. However, unhappiness does not seem to be the exceptional order to be happy, we first have to battle ourselves.

## **Happiness is an obligation--to yourself and to others**

Not only do we have a right to be happy, we have an obligation to be happy. Our happiness has an effect on the lives of everyone around us--it provides them with a positive environment in which to thrive and to be happy themselves.

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