

Be Happy

By Suzy Hopkins

Many people have their opinion on being happy. Here are some of those people whose names begin with the letters B-E-H-A-P-P-Y:

Bernard Meltzer (60's radio host) – Happiness is like a kiss. You must share it to enjoy it

Eleanor Roosevelt – Happiness is not a goal, it is a by-product.

Helen Keller – Everything has its wonders, even darkness and silence, and I learn whatever state I may be in to be content.

Abraham Lincoln – Most folks are as happy as they make up their minds to be.

Phyllis Diller – Happiness is when the threats of your kids running away from home come true.

Pablo Picasso – Look for a situation in which your work will give you as much happiness as your spare time.

Yoshi (Japanese cartoon character) – Happiness, true happiness is an inner quality. It's a state of mind.