

<p>www.eagleprep.com</p> <p>“If you are ever going to enjoy life, now is the time, not tomorrow or the next year. Today should always be our most wonderful day.”</p> <p>Thomas Dreier</p>	<p>www.eagleprep.com</p> <p>“He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.”</p> <p>Epictetus</p>
<p>www.eagleprep.com</p> <p>“To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.”</p> <p>Robert Muller</p>	<p>www.eagleprep.com</p> <p>“Happiness comes only when we push our brains and hearts to the farthest reaches of which we are capable. The purpose of life is to matter--to count, to stand for something, to have it make some difference that we lived at all.”</p> <p>Leo Buscaglia</p>
<p>www.eagleprep.com</p> <p>“A certainty about happiness is that you know when you feel it and you know when you don’t.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>The Everything Self-Esteem Book</i></p>	<p>www.eagleprep.com</p> <p>“The way you feel about yourself largely determines the amount of joy and happiness <b>you</b> let into your life.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>The Everything Self-Esteem Book</i></p>
<p>www.eagleprep.com</p> <p>“If <b>you</b> don’t feel worthy of happiness, <b>you</b> won’t allow any to come to <b>you</b>.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>The Everything Self-Esteem Book</i></p>	<p>www.eagleprep.com</p> <p>“If you constantly feel as if <b>your</b> happiness is a lost cause, <b>you</b> are going to stop looking for it and will not be able to recognize it when it is right before you.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>The Everything Self-Esteem Book</i></p>
<p>www.eagleprep.com</p> <p>“Happiness is like love; it is intangible. It cannot be touched.”</p> <p>Dr. Robert M. Sherfield</p> <p><i>The Everything Self-Esteem Book</i></p>	<p>www.eagleprep.com</p> <p>“According to a survey in the <i>Journal of Personality and Social Psychology</i>, the categories that bring most people joy are: autonomy (the feeling of <b>independence</b>), competence (the feeling of knowing that you are <b>effective</b>), relatedness (the feeling that you have <b>positive relationships</b>), and self-esteem (the feeling of <b>self-worth</b>.)”</p> <p><i>The Everything Self-Esteem Book</i></p>

<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“Happiness is good health and a bad memory.” Ingrid Bergman</p>	<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“Five simple rules to be happy: 1. Free your heart from hatred. 2. Free your mind from worries. 3. Live simply. 4. Give more. 5. Expect less.” Anonymous</p>
<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“Education and discovery are important to happiness because you are not only working on finding happiness, you are directly working on building your self-esteem as well. Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“Isolation from people can be a deterrent to happiness. Family and friends are two of the top factors in guiding happiness into your life.” Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“You can bring happiness to other people just by being around, and in turn, you can increase your own happiness by just being with them.” Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“With a clear understanding that happiness is an internal characteristic and not an external force, you can change your life and move toward joy.” Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“We act as though comfort and luxury were the chief requirements of life, when all we need to make us really happy is <b>something to be enthusiastic about.</b>” Charles Kingsley</p>	<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“Joy cannot be pursued. It comes from within. It is a state of being. It does not depend on circumstances, but triumphs over circumstances. It produces a gentleness of spirit and a magnetic personality.” Billy Graham</p>
<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“I have told you this so that my joy may be in you and that your joy may be complete.” Jesus John 15:11 New International Version</p>	<p style="text-align: center;">Happiness</p> <p style="text-align: center;">“Christ and joy go together.” E. Stanley Jones</p>

<p>“If you would have <b>guests merry</b> with <b>cheer</b>, be so <b>yourself</b>, or at least <b>appear</b>.” Ben Franklin <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“<b>Relationships matter most</b> in life. Try to do a little more. Only <b>you</b> can make you <b>happy</b>.” V. J. Smith <i>The Richest Man In Town</i> <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“The <b>BEST</b> and <b>MOST BEAUTIFUL</b> things in the world <b>CANNOT BE SEEN</b> or even <b>TOUCHED</b>. They must be <b>FELT WITH THE HEART</b>.” Helen Keller <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“To us, <b>FAMILY MEANS</b> <b>PUTTING YOUR ARMS</b> <b>AROUND EACH OTHER</b> and <b>BEING THERE</b>.” Barbara Bush <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“The <b>consciousness of loving</b> and <b>being loved</b> brings a <b>warmth</b> and <b>richness</b> to <b>life</b> that <b>nothing else</b> can bring.” Oscar Wilde <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“<b>Happiness</b> is a <b>perfume</b> which you cannot <b>pour on someone</b> without <b>getting some on yourself</b>.” Ralph Waldo Emerson <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“Happy are those who reject the advice of evil people, who do not follow the example of sinners or join those who have no use for God. Instead, they find joy in obeying the Law of the Lord, and they study it day and night.” Psalm 1:1-2 <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“Those who love money will never have enough. How absurd to think that wealth brings true happiness!” Ecclesiastes 5:10 (New Living Translation) <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“Happiness does not consist in pastimes and amusements but in virtuous activities.” Aristotle (384-322 B.C.) <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“It is a lot easier to keep someone happy, than to make them happy.” Ron Rayner <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>

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<p>“Popularity is people liking you. Happiness is you liking you.” Unknown <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“...one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.” Albert Schweitzer <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“Happiness lies in the joy of achievement and the thrill of creative effort.” Franklin Roosevelt <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“Happiness cannot come from without. It must come from within.” Helen Keller <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“Happiness is when what you think, what you say, and what you do are in harmony.” Mahatma Gandhi <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“There can be no happiness if the things we believe in are different from the things we do.” Freya Stark <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“Life will bring you pain all by itself. Your responsibility is to create joy.” Milton Erickson <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“Conquering any difficulty always gives one a secret joy, for it means pushing back a boundary-line and adding to one’s liberty.” Henri Frederic Amiel <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>
<p>“All glory is fleeting.” George S. Patton <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>	<p>“I’m convinced more than ever that man finds liberation only when he binds himself to God and commits himself to his fellow man.” Ronald Reagan <a href="http://www.eagleprep.com">www.eagleprep.com</a></p>