



## CHAPTER 7

# Happiness

A bird and a fish can fall in love, but where would they live?<sup>10</sup> Sometimes we know what makes us happy but never get around to the details. Even worse is knowing the details but never making it happen.

This chapter is only three pages long on purpose. The most profound things in life are simple. They are difficult to find, and even harder to keep around. I speak of happiness.

What do you think of when you hear the word *happiness*? You probably don't think of stock charts or market analysis. In their book *The Happy Book: A Journal to Celebrate What Makes You Happy*, Rachel Kempster and Meg Leder highlight the simple roots of human happiness. They detail in part how many things create accents of happiness in our daily lives, most of which we forget until asked to remember.

These events include yawning, stretching, changing out of wet shoes and socks, and feeling it get dark outside. Kempster and Leder

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