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Subject: Re: Happiness

Posted by [cheesesoda](#) on Fri, 12 Oct 2007 00:29:18 GMT

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Happiness? It's simple. It's when, even for a moment, you are more than content with what you have and where you are.

In a bigger picture, happiness is being more than content with where your life is at and where your life is headed. It's being proud of who you are. You can't appreciate life if you don't appreciate your existence. You can't be happy if you are pessimistic all of the time.

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