

# **MISSION 21...Building...a Happy World**

From..... Happy Self To Happy World



**Dr. M S R. Dev**

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## Synopsis

### **MISSION 21.....Building.....a Happy World**

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'Aristotle defined happiness as a life lived in accordance with virtues and outlined a philosophy of becoming happy through acting virtuously. For Aristotle, happiness is not a feeling, but an evaluation of a life lived well. That begins to shift in a profound way in the 18<sup>th</sup> century.....defining happiness as a feeling, an emotion. With the rise of utilitarian principles in the 1700s, the idea that the individual should maximize pleasure and minimize pain became prevalent in the cultural conversation. The idea of happiness was central to some of the 18<sup>th</sup> century's defining movements. In the United States, the Declaration of Independence positioned Happiness as an 'unalienable rights' of the individual. Yes, the happiness is the foremost aim of humanity. If so, why happiness is not taught in any of the educational institutions worldwide? The above factors have driven to think and bring out a book on happiness. Today the research in positive psychology has legitimized the study of happiness and brought it to the forefront of the cultural dialogue. Psychologists and Neuro scientists have arrived at insights into humanity's

inherent capacity for happiness. There are two pillars of happiness – one is love and the other is finding a way of coping with life that does not push love away.

Happiness is the vocabulary most talked about worldwide today and least understood by all. Happiness is defined in diverse ways in different corners of the world. The perception of happiness is different for different people. Harvard University made record crowd recently for a seminar conducted by the positive psychology department on happiness. Is it possible to build a happy world? Where does the happy world start? Whether the happiness starts from the self? What are the building blocks for constructing a happy world? What are the human characteristics associated with happiness such as relationship, philanthropy, health, mindfulness, etc..? What are the domains related with happiness such as art, culture, science, economics, philosophy, spirituality.....? How is happiness measured? Which are the role model countries that are selected as the happiest countries and the regions? All the above questions are being tried to address in the book. The characteristics that make a country on top of the happiness rank is enumerated and analyzed and brought out the Lessons To Learn such as the Bhutan way, The Scandinavian way, The American Way, the UAE way, etc.... Yes, the happy people build their inner world whereas the unhappy people blame their outer world. The happy people only can create a happy world.

The human characteristics and its relations to happiness are brought out. Building a happy World step by step from Happy Self to Happy Family to Happy Associates to Happy Community to Happy Country to Happy Region

and ultimately to Happy World is addressed. The Lessons To Learn from around the world is enumerated. The appendix do present happiness quotes, happiness tips, happiness images, happiness courses and references.

The very mission set behind in authoring this book is to make a 'mindset' worldwide to reach out ultimately a 'happy world'.