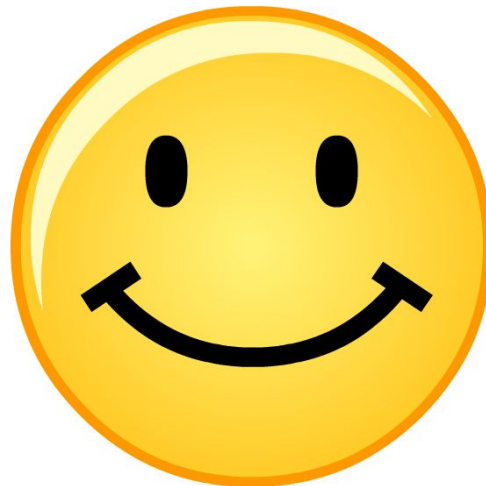


*This presentation is dedicated
to my father **Alexander Shteingart**
who doesn't need her.*

Happiness

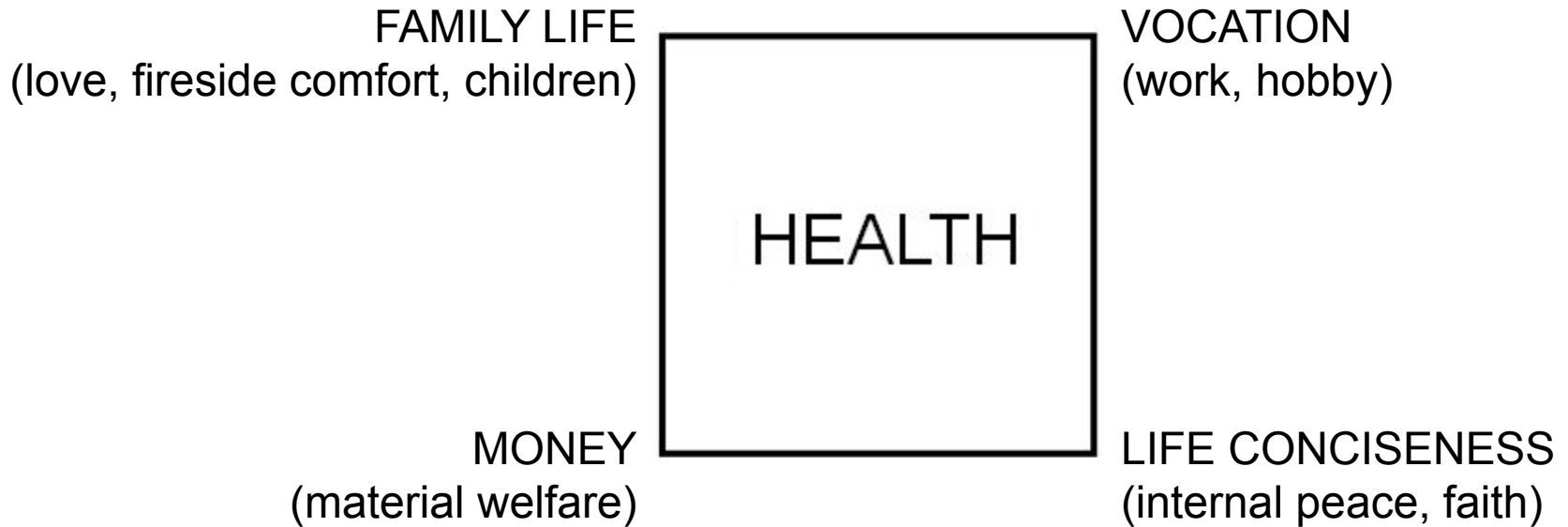
Seminar presentation



Definition

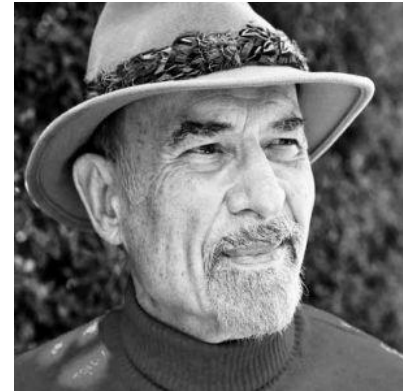
Happiness is a state of a man which corresponds to the greatest internal satisfaction of his being conditions, completeness and conciseness of life, realization his human destination.

Happiness Square



Happiness and Meanings of Life

- Tendency to positive freedom;
- Creative work;
- Service for other people;
- **Involvement in life;**
- Devotion to cause;
- ...



Irvin Yalom

Happiness and Needs According Abraham Maslow

- 1) Physiological needs;
- 2) Need to be safe and protected;
- 3) Need of membership and love;
- 4) Need of self-respect;
- 5) Need of uncovering potential.



Abraham Maslow

Happiness and Existential Needs

Existential needs - needs which help individual to join the world:

- 1) Need of affiliation;
- 2) Need of self overcoming;
- 3) Need of rootedness in the world;
- 4) Need of self-identity;
- 5) Need of value system.



Erich Fromm

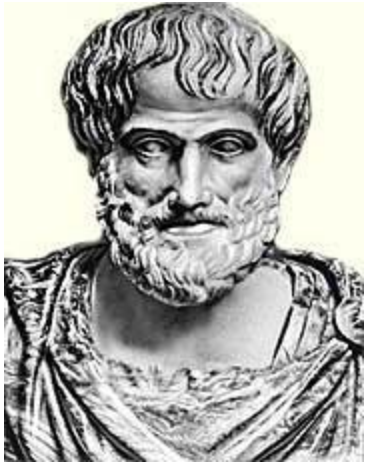
Happy Moments

These are the moments when our soul rejoices of happiness.

For example:

- 1) sincere smile from another person to us;
- 2) birth of a child;
- 3) nature walk;
- 4)...

Aristotle About Happiness

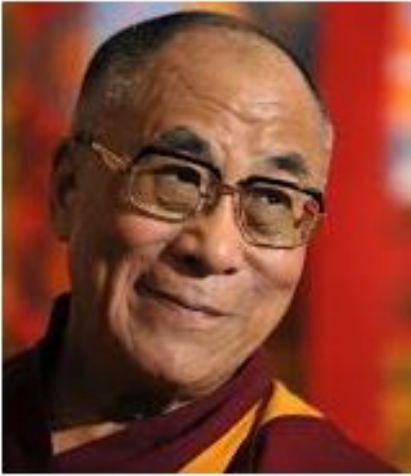


Aristotle

Happiness is a work of soul in virtue completeness. Happiness comes in time due to self-cultivation.

Virtue is a positive moral quality of a man's character defined by his thoughts and actions.

Dalai Lama About Happiness



Dalai Lama

The main motivation of our life is aspiration for happiness.

Happiness is the result of disciplined man's mind the soul of whom is full of sympathy, kindness and patience.

Razmik Aydinyan About Happiness



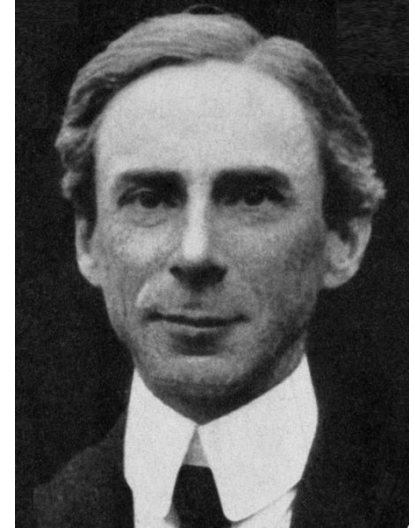
Razmik Aydinyan

Happiness – satisfaction due to possession of benefits.

Benefit – something that can satisfy people's everyday vital requirements, be of people's use, give pleasure.

Bertrand Russell about a Happy Man

Happy man is the one who lives unprejudiced with free independent affections and huge range of interests. The personality of such man is directed towards the external world.



Bertrand Russell

Maxwell Maltz About Happiness

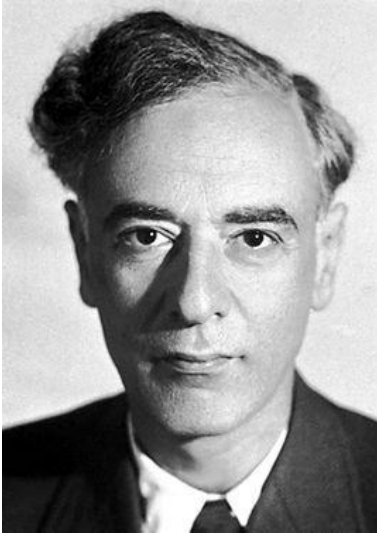


Maxwell Maltz

The key for happy life is an adequate and true image of yourself.

Happiness for a man is in creative process of desired aim achievement.

Lev Landau About Happiness



Lev Landau

The man is obliged and even must to be happy.

Happiness is:

- 1) enjoyment of life;
- 2) love;
- 3) work;
- 4) communication with people.

Conclusion

**A MAN BECOMES HAPPY AS MUCH AS HE
DECIDED TO BE! HAPPINESS IS INSIDE YOU!**

Reference

- Irvin Yalom – Existential Psychotherapy;
- Abraham Maslow – Motivation and Personality;
- Erich Fromm – Escape From Freedom;
- Aristotle – Nicomachean Ethics;
- Dalai Lama – The Art of Happiness;
- Razmik Aydinyan – The Treatise about Happiness;
- Bertrand Russell – The Conquest of Happiness;
- Maxwell Maltz – Psycho-Cybernetics;
- Maya Bessarab - So Landau Said.

Thank You for Attention!