

Are you looking for Happiness?



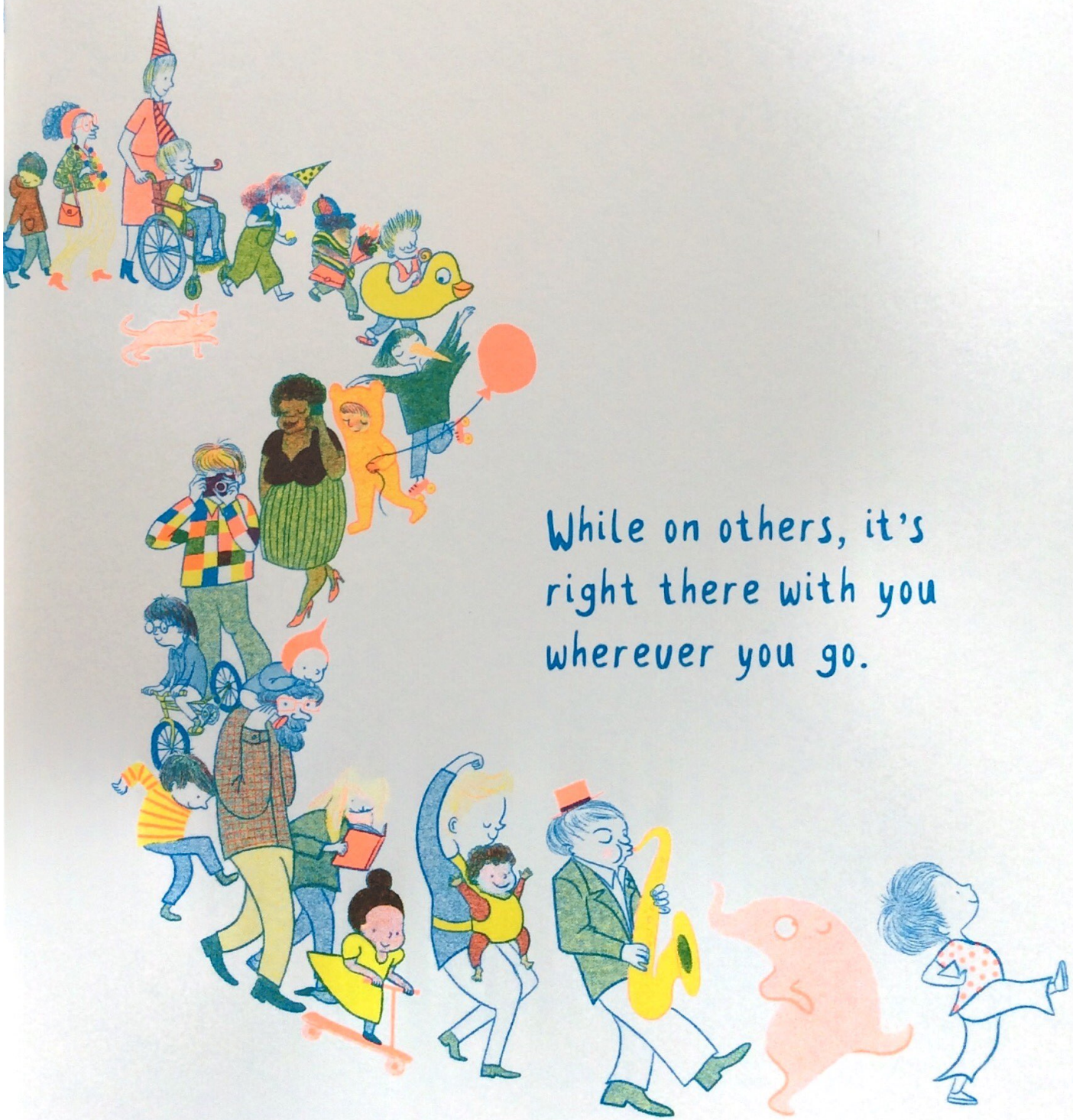
It often has disguises and
goes by different names.





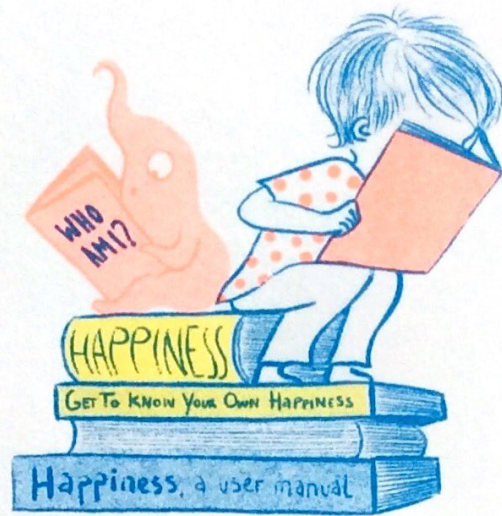


Some days it seems to be hiding.



While on others, it's
right there with you
wherever you go.

You can try to understand it,

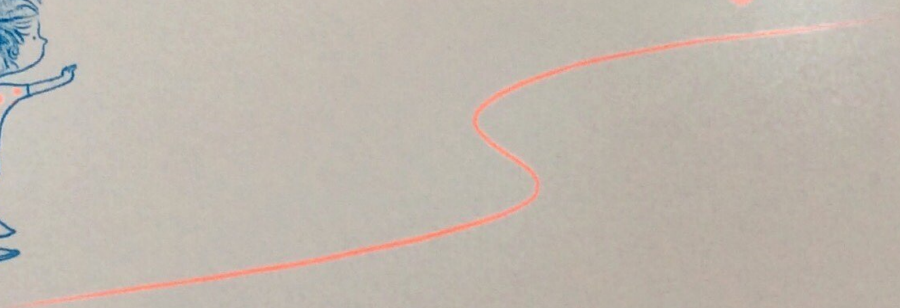
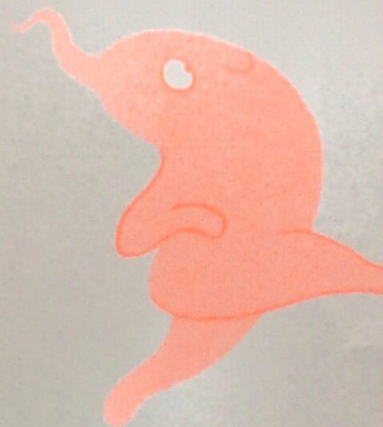


collect it,

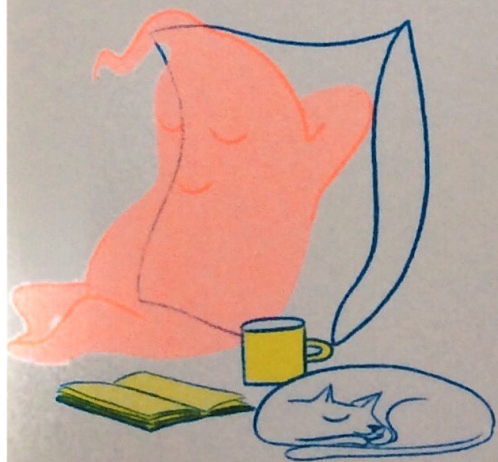


or protect it.

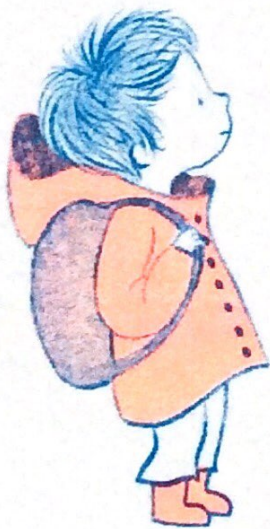
You can try to catch it...



But most
of the time
Happiness
appears to
have a will
of its own.



And sometimes it may
feel as if there are
too many things that
get between you and
Happiness.

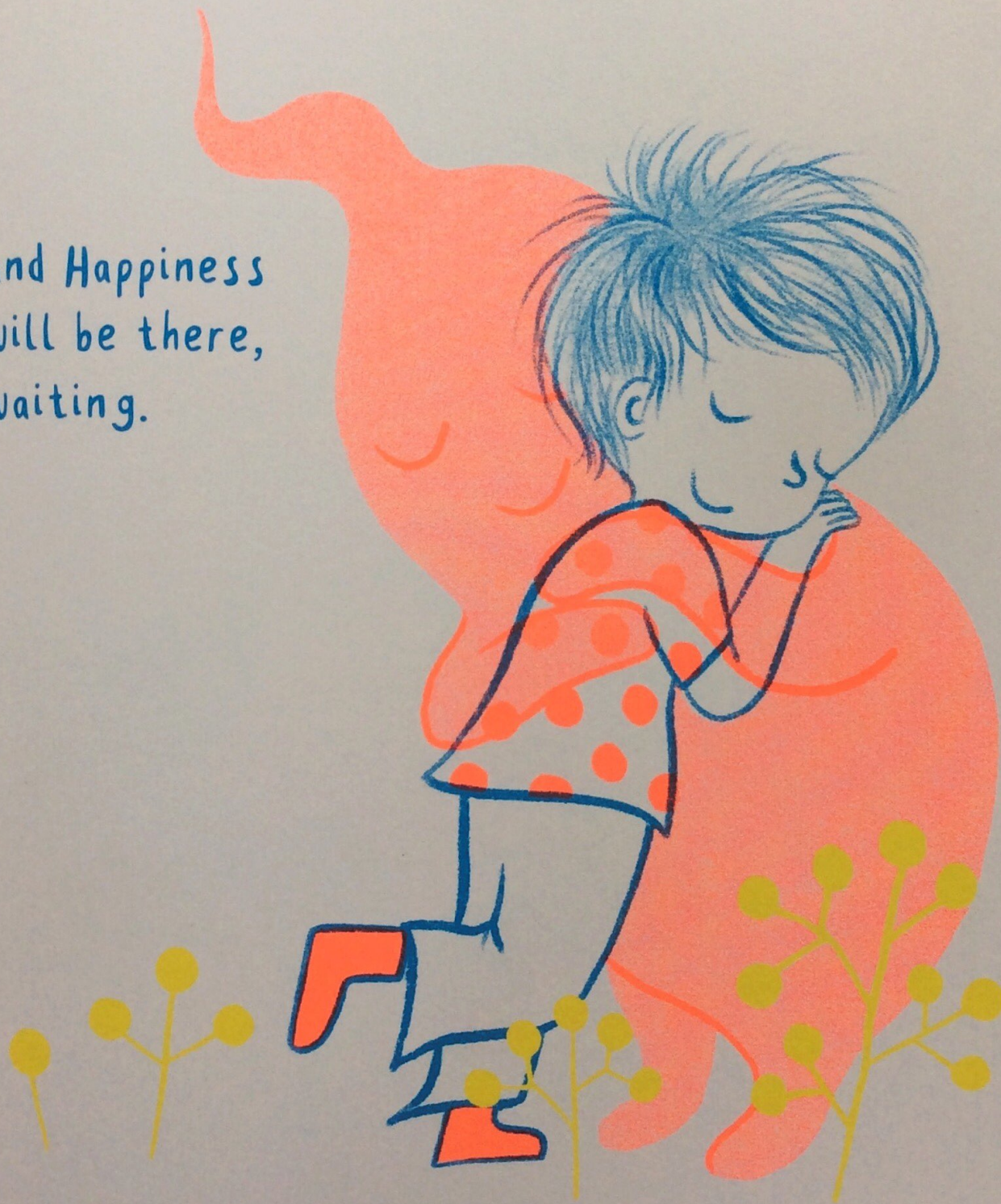






It's not always easy, but you
can find your way through

and Happiness
will be there,
waiting.



When you find it,
start following - see
where it will take you.





Happiness may be different
from what you expect, or
feel a little scary at first,



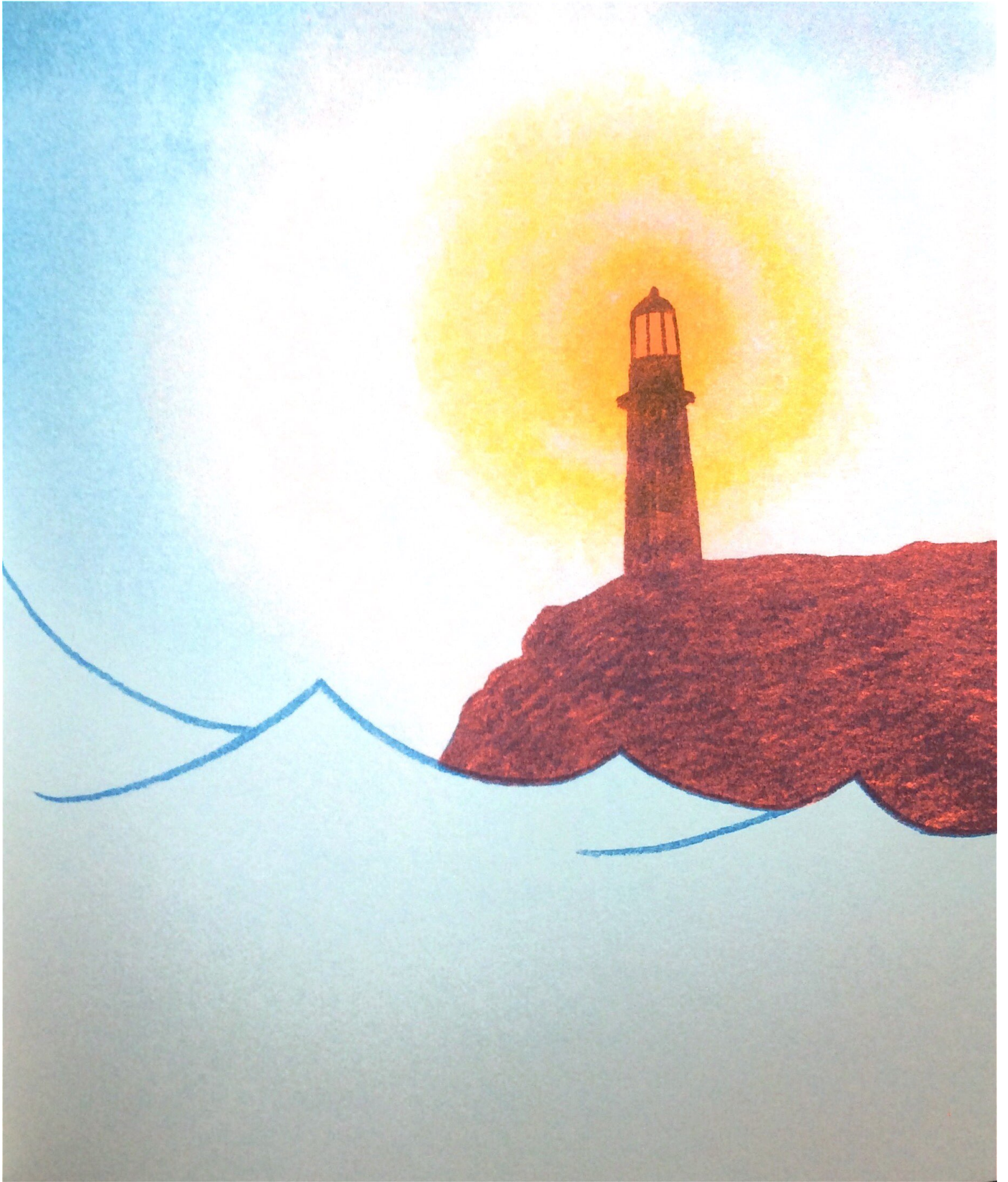


but it will let you
find new paths,
enjoy your time with
family and friends
and do the things
you love to do.





You can't feel happy all the time. You might feel overwhelmed by your feelings and that you can't always control them, but you can find your way back home.



just breathe...





In that quiet moment
you will realise you
don't have to keep
looking for Happiness...







It was always there.
Recognise it and treasure it,
because, in the end,
Happiness begins with you.