



A Little Children's Book About Happiness

小儿童的书：幸福

The art of being happy lies in the power of extracting happiness from common things.

获得快乐的秘诀，在于从普通事物中发掘快乐。



Those who are happiest are those who do the most for others.

那些最快乐的人，是那些为他人奉献最多的人。





Happiness is not in our circumstance but in ourselves. It is not something we see, like a rainbow, or feel, like the heat of a fire. Happiness is something we are.

快乐不在于环境，而在于我们自身。它不像彩虹，是可见之物；也不像火的灼热，是可感觉之物。快乐是在于我们本人如何。

Happiness comes from within your heart, not from your surroundings.

快乐来自内心，而非周围的环境。





The secret to happiness
is being content with
what you have.

快乐的关键在于满足于
自己所拥有的一切。



Lasting happiness doesn't come from what you get, but what you give.

持久的快乐并非来自于你获得什么，而在于你献出什么。



Look for someone to make happy,
and happiness will find you.

先求他人之乐，然后，快乐就会
找到你。

To see happiness in action,
Smile and start a chain reaction.

若看快乐在行动，
就以微笑来激发连锁反应。



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