

keys to hapiness.

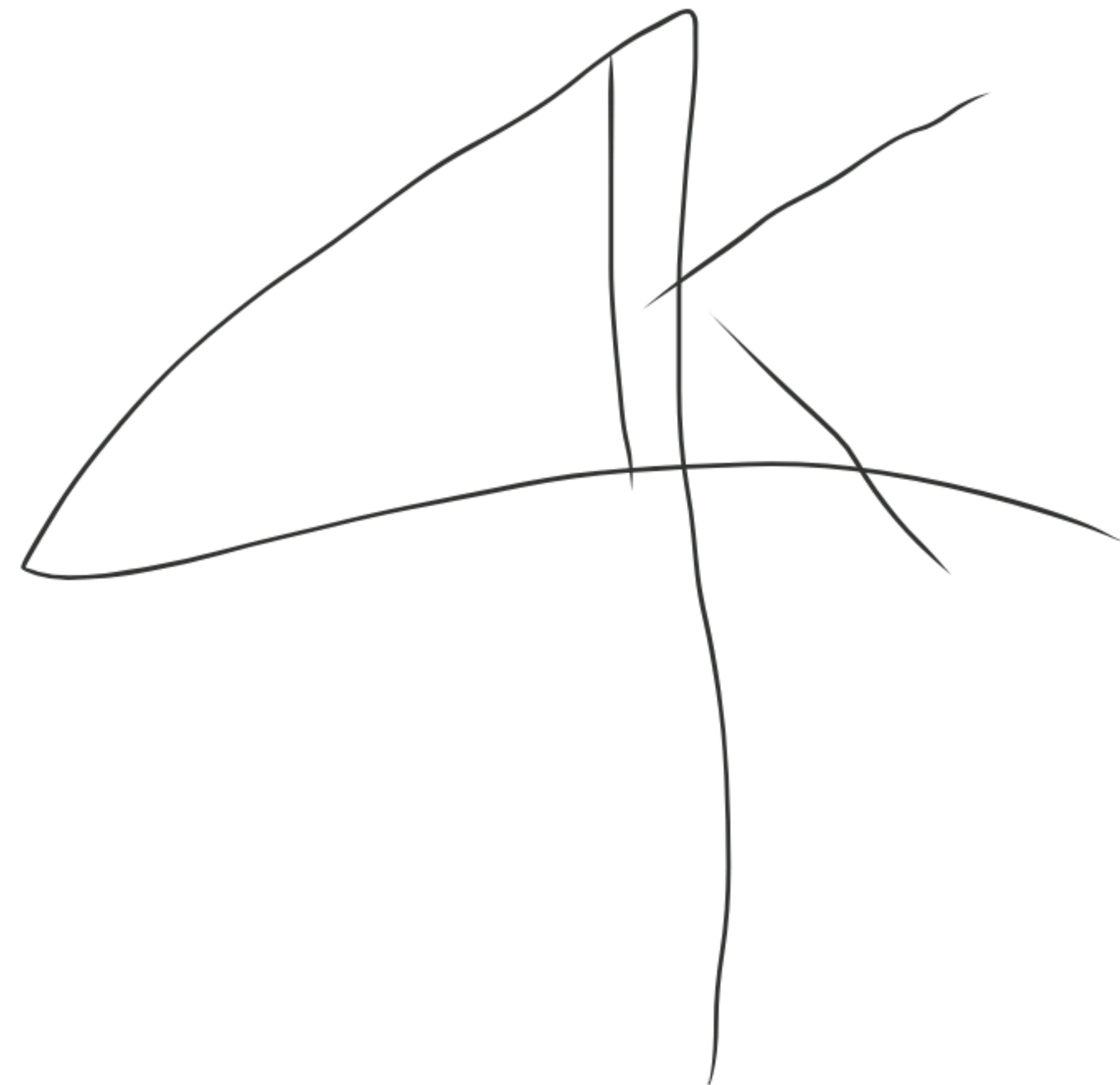
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2023

Dedication:

I dedicate this book to my family, teachers, and freinds.

Nadaia keroumi.



Introduction

we live our life looking for happiness wherever we go; in our homes, in our work places , but we do not know who?

who we can be happy? even when we are rich and when we have a lot of money we are able to realize this but we do not know who? ,that whey Our thinking is concentrated in the ways that can help us to feel happy.

This book contens a collection of ideas that can help evry reader to know who to be happy in his life?

aplso, it can simplifay the mening of "hapiness", cause, it had in the past a different meaning compared to its niew meaning in this last years ,cause it is changed when the niew cultur was born, after the development that the world knews in the different sectors especialy the technological and sientfic secteur .

Smile in your world

Smile in your world and never think at everything can make you feel unhappy and tired psychologically.

Smile, means that you are strong, and that you are ready to fight in your world.

Life was never easy as you see always, there is in every step you get over it a big sacrifice.

Smile is the key that you can use it to go on in everything in your world; **with yourself, with the other people.**

With your self: when you smile alone, means that you are communicating with yourself, and that you like it, that means also you are confident in yourself.

with the other people:

When you show your smile to the other people, you will never have a difficulty in everything you will do it, and you win in your life exams without any problem.

You are like a bird in the sky, and everything for you is small as you see, you can do it but without stress.

Smile is a big challenge that you show it to the whole world, in order to explain your positive opinion, and your good energy that you have in your heart.

Smile is the key that Allah and his prophet Mohamed peace be upon him order to show it to our world, cause it means power.

When you smile, you will see that the world gives you a hug and it is besides your body.

Finally your direction in life is the first thing that you will choose carefully, cause you were created to play your role in this world as your creator wants and not as you want.

And every wrong step you get over it, you will have a problem in your life.

Be positive

Evrything in life should be for you normal, niver think that you should work a lot to acheive your goel, sometimes things are very easy but you make them deficult when you are worry about it.

Be always positive, in order to your mind attrect the positive things and the positives people too.

life is very beautiful when you think positively, cause you are communicating with your world indirectly, so you are happy and comfortable, and evrything you plant to do it after, it will be good .

Be positive, does not help you just in your proffetionnel life but, it may help you too to

Fight the dangerous illness ,that can be eighter psychologily (depression, stress) or phisicaly (cancer.. ect).

Born again.

We need sometimes to be born again in paper, and to achieve our dreams in this world.

To be alone sometimes, is not the good solution to feel free and happy, but the only solution that can make you feel good and comfortable is when you write your words in paper, and when you let your ideas and emotions get out.

To feel good is your dream in life, be good just for you, and not for the others.

Life is a big challenge, and no one sees it before he enters on it, because it is a big secret of the whole world.

When you stay alone, means that you need to read what is between the lines, in this moment you have to concentrate to see the real and the non-real part of your world.

Aloneness teaches us how to be strong in our life, in order to fight when we have struggles or problems, because we are in this world's gestures, and we don't know when we will go.

Keep thinking in our past results can make us feel unhappy sometimes.

so we should always think positively to win in each life exams
we do it.

confessions

Evryone lives his life easly no chancement, no adventurs, but sadness, whey?

There are many couples live in the same home, but they do not talk a lot, they do not plant toghother in order make their life good and comfortable, but they stay always yelding when they feel angrey..

But in fact the real life should be normal and easy, and not complicated ,and it can be easy just when we confess to each other, what we have in our hearts, what we feel when we stay with them.

Maried couples should confess to each other of thiers emotions, feelings to feel happy, cause life is not just a big house and an expensive car but it is very far then this two things ,that whey dialogue between two couples is very important especialy when it is combaned with confessions..

Finaly ,when we talk to each other means that we are humain bing,

but when we confess to each other especialy when we are couple means that we are realy a good couple.

Calm

Sometimes, we do not need money or people, but we need to stay away from this world ,to listen our hearts, and our internal statement ,in order to know ourselves more ,especially to answer for the question:

who we are?

When we stay with people we will never get understood ,we will always get misunderstood ,just when we stay alone, with ourselves ,changing the ideas, confessions, even that its not good, we can get out it and feel free, and happy..

That why is very necessary to stay alone sometimes ,cause the human body needs to be devoids of sounds.

Read a book

We may feel unhappy and worry especially when we have struggles in our life, especially when we have no one who can understand us, especially when we feel alone in this world, and when we feel that it is not for us cause we have no one in our life, who can support us in the difficult moment.

In this case we should look for another kind of friend, even this friend can not talk.

We are talking about "**the book**", that many people considerate it unnecessary in their life, but in fact it is very necessary in our life cause it gives us a positive energy, also a knowledge, in order to have a big culture.

The book is the best friend in the period of ignorance, which is borned with the new technology.

We know all about the importance of the book in our life, cause it can make us happy, and it can also destroy many illness in the body like: **stress, depression, cancer**.

But no one apply this ideas, that why we call this period "**period of ignorance**".

colors

Everything in life needs its key, but we as a human being, we need to feel happy and natural sometimes, especially when we are alone; when we need to stay in our room for example in order to realize our memories, or write it, or think in our struggles solutions

, we need to have colors, cause that can make us happy, and positive, that when doctor order his patient always to use a lot of colors in his room, in order to feel happy and comfortable, cause colors make patient feel natural, cause his is really a child of nature.

The house where there is no plant, its people feel always unhappy and uncomfortable, cause it contains oxygen and colors, and that in fact what needs human being.

That when we should go out once a while, to feel free, and happy, and natural, cause we are the first child of nature, and we can not be far from our world.

Freedom

Sometimes we need to feel free in this world ,cause this thing means for us evrything ;to feel free doesn't mean have a lot of money, and play the rol of prince or king ,but it is have a relationship with ourselves and our body sometimes, when we stay with ourselves in order to talk and to feel good ,that means freedom, and also hapiness..

We must make time for ourselves ,that can make us very confidente , and ready always to fight in life.

Finaly, freedom doesn't have alonely a relationhip with the people, but it has also a relationship with the humain being life.

Religion

We have to say that we will not be a part of this big world , if we were not created by a God or let us say Allah , we should always be close of our creator not because he creates us ,but because we need to feel happy and comfortable, cause there is another part of love and happiness we get it just when we pray to Allah ,or when we read Coran .

Happiness is a small word but we can not know its meaning if we are not close to Allah..

Allah creates us to pray to him and to play our role in life as he order us.

Religion is very important for human being cause it makes him feel that he doesn't need always people cause he is close to Allah.

Finally, religion is a power that can help the human being to fight in his life even when he is alone, the believer doesn't feel fear cause he have a God.

Sport

Sometimes the human body does not need to get an expensive clothes, or to eat a lot, but it needs to be protected from illness.

And in order to do this we have to exercise daily to get a strong body, that can destroy either the psychological or the physical illness.

Sports are a set of physical movements that a person performs daily inside or outside home; sometimes it is not just a hobby for some people, but it is a job also, and these kind of people do not try to know how to exercise but they teach the others, and this is a new kind of business that many people dream to do in their life, because it costs a lot of money especially if the person who works in this job knows how to train people.

Finally sports are not just a hobby or a job to get money but it can be another key for happiness, because each person when he performs any kind of physical movements can be happy and comfortable because his body is protected and strong.

Conclusion

Happiness is not just a word but it is an action, sometimes it is not enough to be happy, but we have to feel it also, sometimes we have to be happy in face of the others, otherwise we should be happy for ourselves.

In order to feel happy we should think carefully alone and seriously, because this can make us comfortable and very confident in ourselves.

Life is an adventure and in each walk we can find a problem, that when we should have a key in order to be comfortable and happy, this book contains a collection of keys that can help each reader to be happy in his life, but in some cases the person can find his happiness in each thing he can have or do it in his life, means not all the keys that contains this book can make each one happy, sometimes we should have the faith and the method that can help us to achieve our goal.

Table of contents:

Dedicace.

Introduction..... p. 01

Smile in your world..... p. 02

Be positif.....p. 04

Born again..... p. 05

Coffesions..... p.07

Calm..... p. 09

Read a book..... p. 10

Colors p. 11

Freedom..... p. 12

Religion..... p. 13

Sports. p. 14

Conclusion..... p. 15