



THE RIGHT TO THE PURSUIT OF HAPPINESS

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LIVING THE MOMENT

it depends on:

- genes 50%
- life circumstances 10%
- life choices and behaviour 40%

how to increase happiness level:

- recognizing and appreciating what we do have
 - **living the moment** happiness best pursuit by abstracting in the most possible from the present before turning our attention to the future
- Investing in the few things that have a longer term effect
- do things differently

HAPPINESS AS A HUMAN RIGHT

Declaration of American Independence 1776: *rights to Life and Liberty and to the Pursuit of Happiness*

In my opinion **happiness** is a fundamental human goal we should actively pursue.

Although there isn't a utter condition of happiness, since everyone is happy in his own way, when we imagine the idea of happiness we actually refer to concrete situations that are essential and must be common to all human beings. A human needs to base his happiness on factors that are inherit in his nature of human and for this reason essential. If the purpose is that of living as well as possible, man ,by nature tends towards his best well-being.

For example a condition that objectively didn't represent a well-being situation was the one in which lived several English children, obliged to work as chimney sweepers . At first they have been deprived by the unalienable rights of life and liberty and consequently they have been denied their right to the pursuit of happiness.