



Why Can't I Just Be Happy?: A Realistic Approach to Happiness

Rolf Nabb

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“Why can't I just be happy?”

We've all asked ourselves this question from time to time and we've all wondered why it's so hard. Considering that you probably include yourself in the vast majority of what I'll refer to as “us,” you probably find yourself wondering this from time to time as well.

From my years of observation and talking to people, I've figured out that being a happy person is a pretty easy thing to accomplish if you can just set your sights on the right targets and get your priorities straight. Regardless of what misery you've suffered or are suffering, if you can just step back and gain a little perspective, you'll see that you too can be happy. You're much stronger than you think.

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