



Wings for the Soul: 99 Sayings on Happiness

Anne Bryan Smollin

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Everyone wants to be happy and everyone can be. The key lies not outside ourselves, in what we have or don't have but within. If we choose to be happy, we keep our attitudes positive and we think outside ourselves. We give our time away; we offer to be present to others in need; we like the person we see in the mirror; we respect and accept what each moment holds for us.

These 99 sayings come from the author herself as well as from a diverse group of her favorite writers, including John XXIII, Victor Hugo, Aristotle, Franklin D. Roosevelt, Abraham Lincoln, Leo Tolstoy, Thomas More, Mother Teresa of Calcutta, Teresa of Avila, Henri Nouwen and Chiara Lubich.

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