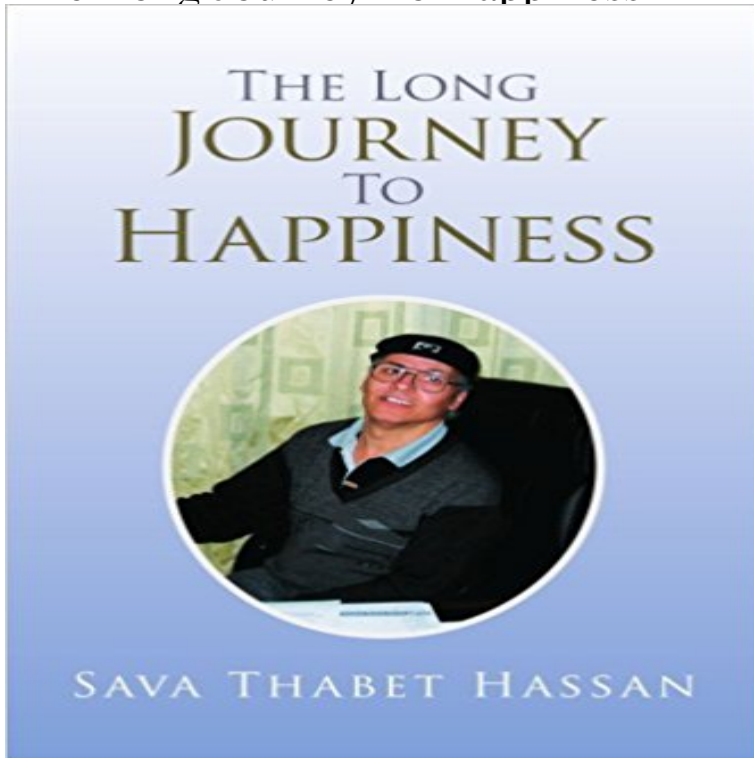


# The Long Journey To Happiness



Book description My book contains two parts. The first part of the book discusses the concept of happiness in general, and in a relationship between a man and a woman in particular. Most people regard happiness as an integrated concept. That makes experiencing its magical wonders seem to be an impossible task. In my book, I perceive it as a harmonious combination of various elements. If one attempts to experience each of its components, one will end up achieving happiness. I do believe that one can be happy if one could attain physical satisfaction, enjoy mental stimulation, experience emotional fulfillment and achieve spiritual evolution. A successful career, a loving family and devoted friends, a healthy environment, in which one can harmoniously coexist with ones fellow human beings, and an excellent health may facilitate ones route to happiness. I examine every element focusing on the various perceptions pertinent to it, the factors, that may play a role in achieving it, and the means to attain it. At the end of that part, I enclose criteria that one may use, to evaluate ones relationship with ones partner, to determine if it is mutually satisfying or not. One might be in a mutually satisfying relationship if ones partner enhances ones life not alter it, fills ones heart with joy and laughter, respects ones views not puts them down, satisfies ones physically, stimulates ones mentally and evolves with one spiritually, accepts one as he or she is, and never attempts to change him or her, and appreciates one all the time not only on special occasions. Those criteria might not be suitable for some couples. In that case, they should define, their own, criteria for examining the degree of their satisfaction with one another. The second part focuses on slightly fictionalized true events about the relationship between, ENRICO, a reasonably handsome chubby Arabic-Canadian educator, in his middle

fifties, and ANNABELLA, an attractive Mongolian-Chinese woman, in

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### **The Long Journey To Happiness**

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