

# **The Option Method Institute**

Education based on the teachings of Bruce Di Marsico

[www.ChooseHappiness.net](http://www.ChooseHappiness.net)

## **The Only Happiness is Personal Happiness**

From

**Collected Writings**

**Bruce Di Marsico**

**The only kind of happiness is personal happiness***February 1, 1991*

The only kind of happiness there is, is personal happiness.

Just as the taste in your own mouth is yours alone, so is happiness. There can not be an objective happiness or a general happiness common to all people. The abstraction can no more exist than, say, health in the abstract. Only each person is able to enjoy his or her own health. It can not be in another person and be your health.

Happiness, like health, means my happiness. Whereas another's health can be appreciated for the benefits it may afford you, if they choose; the benefit of happiness is personal happiness alone. Even if another were to happily do you a kindness, only in your own happiness could you enjoy it. In other words, your enjoyment is always your personal enjoyment.