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The Secret to Happiness

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The Secret to Happiness

Lauren Frei

I believe that dogs take the perfect look on life. With tails waving like flags, bubble gum pink tongues lolling out of their mouths, chocolate brown eyes sparkling, dogs seem to face every event in life with much slobber and happiness. The perfect example of a dog high on life is my dog Rudy. Day after day, Rudy continues to pester my older dog Cheeri, bounding up to him with a huge smile and begging for friendship, only to be greeted by a deep, thundering growl, and to be quickly pinned on the ground beneath Cheeri. Unfazed by this greeting, Rudy - as soon as he is released from Cheeri's grasp- leaps forward with his over sized tail wagging, to find a toy, squeaking it with pleasure.

Some may argue that Rudy's behavior shows a lack of intelligence; arguing that Rudy should learn by now that Cheeri contains no desire to become friends with him. However, I believe that Rudy, like many other dogs, take the perfect look on life because dogs always view life in a positive light. I believe that the outcome of many events and situations all depend on how one views them. Yes, it may be easier to pick out the negative pieces of life, complaining about the bad weather, an over load of work, and more. However, an overload of work may viewed as a time to increase one's knowledge, and will only allow people to value their free time more, and use it to the fullest. Bad weather may be viewed as time to spend in time, and finish up long procrastinated assignments. Even though it may be slightly more difficult, life is much more enjoyable if, no matter what, you always smile and view life in a positive life.

I agree that this concept of always viewing everything in life through a positive light may be impossible. On many occasions, it becomes much to easy for people to view life through a negative lens, giving life a gloomy tint. Despite this mistake, I believe that by viewing life through rose colored glasses (even if not on all occasions) can greatly improve life, making more enjoyable and full of happiness. Everyday when I watch Rudy bound over to Cheeri, begging for friendship, I am reminded to make the extra effort to view life through rose colored glasses.