

PREFACE

P:0.1 A quarter of a century's study of the subject of human happiness has convinced me that the joy of living is largely a question of emotional control; that a few of our inherited and acquired emotions and sentiments, if allowed to dominate, fill us with joy; but, on the other hand, if many of our more primitive and less desirable emotions are allowed to gain the ascendancy, we are filled with sorrow, fear, and unhappiness.

P:0.2 This book is divided into four parts, the first having to do with a discussion of the essentials of happiness, those problems in emotional control and conduct management which are absolutely essential to normal, average, human happiness. Part II deals with the luxuries of happiness, those emotions and sentiments which, while not absolutely essential to normal human happiness, if properly controlled, serve greatly to increase our capacity to happiness and augment the joy of living. While it is certainly to be desired that we give first attention to the essentials of happiness, we should in no manner neglect these auxiliary influences and experiences which are so able to add to the sum total of human happiness, especially in the case of the better developed and more highly educated types of men and women.

P:0.3 Part III deals with that group of influences, emotions, sentiments, etc., which, if over-indulged, invariably interfere with the enjoyment of happiness. These are the little joy-killing demons that invariably bring on grief and usher in sorrow.

They must become taboo in the lives of those who would enjoy the highest pleasures of living and experience the delights of real and abiding happiness.

P:0.4 Part IV is devoted to a consideration of the essentials of emotional control. Since happiness is so largely a matter of “psychic climate,”¹ the technic of self-control is thoroughly discussed in this section.

P:0.5 In an appendix will be found a full discussion of human emotions, sentiments, and convictions. This has been added for the benefit of those readers who might desire to pursue this phase of the study more fully.

“THE SIX FUNDAMENTALS OF HAPPINESS” (*The American Magazine* 37)

For more than twenty years I have been

making notes of those things which make and keep people happy, as well as of those influences which contribute to unhappiness (*TAM* 37).

P:0.6 For twenty years my wife and professional co-laborer, Dr. Lena K. Sadler, collaborated with me in

making notes of those influences and agencies which were productive or destructive of happiness in the lives of our patients.

In fact, Dr. Lena has contributed so much to this work and has offered so many helpful suggestions that her name really should appear as co-author. And so, as this volume is sent forth on its mission in the world, she joins with me in wishing that it may be the means of helping many sorrow-stricken and fear-ridden souls to find deliverance from their prison-house of depression and more fully to enjoy the delights of work, play, humor, and those other emotions and sentiments which are the ancestors of human happiness.

SOURCE OR PARALLEL

P: HOW YOU CAN KEEP HAPPY

WILLIAM S. SADLER.

533 Diversey Parkway, Chicago.
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1. Your transient and ever-changing emotions of joy and sorrow are in the main purely human and material reactions to your internal **psychic climate** and to your external material environment (108:5.6).