



## The Pursuit of Happiness

When I was young my grandmother told me  
Happiness is only found from within.  
At the time I didn't quite know what she meant.  
I grew up and eventually started working for a living  
Thinking the harder I worked the more I would get.  
Marriage and kids came along to my surprise  
And I found myself in the pursuit of happiness.  
Fortunately my work entails helping other people  
Some who have already been there and done that.  
I thought of one client, a friend who passed years ago  
A grandmother many times over and as wise as my own.  
Though she had trials and tribulations as we all do  
She was always at peace and happy with life.  
Which brought to light the lesson  
My grandmother tried to teach me years ago...  
The pursuit of happiness is just wasted effort  
Since it's not what you have but what you perceive to be so,  
And chasing what's already inside you is not time well spent  
As happiness is only ever found from within.

*Merry Christmas, Happy Hanukkah,  
and Happy New Year!*

*Tim & Wynne & Megan*

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877-540-2501