Why do most people fail to find happiness?

By Vandhana | July 16, 2025

Most people fail to find happiness because they tie it to external achievements or future milestones—thinking they'll be happy when they get the job, the house, the relationship. But happiness is rooted in the present moment, not in a checklist. Comparing ourselves to others, suppressing emotions, or ignoring what truly matters—like purpose, connection, and self-acceptance—can keep happiness out of reach. Real fulfillment often comes from small daily choices, not grand accomplishments.

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