IMPORTANT NOTE

In studying this book, be very certain you never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused or unable to learn is because he or she has gone past a word that was not understood.

The confusion or inability to grasp comes AFTER a word was not understood.

Have you ever had the experience of coming to the end of a page and realizing that you didn't know what you had read? Well, somewhere earlier on that page you went past a word that you had no definition for or an incorrect definition for.

Here's an example. “It was found that when the crepuscule arrived the children were quieter and when it was not present, they were much livelier.” You see what happens. You think you don't understand the whole idea, but the inability to understand came entirely from the one word you could not define, crepuscule, which means twilight or darkness.

It may not only be the new and unusual words that you will have to look up. Some commonly used words can often be misdefined and so cause confusion.

The datum about not going past an undefined word is the most important fact in the whole subject of study. Every subject you have taken up and abandoned had its words, which you failed to get defined.

Therefore, in studying this course be very, very certain you never go past a word you do not fully understand. If the material becomes confusing or you can't seem to grasp it, there will be a word just earlier that you have not understood. Don't go any further, but go back to BEFORE you got into difficulty, find the misunderstood word and get it defined.
WELCOME TO

THE WAY TO HAPPINESS COURSE

*The Way to Happiness* contains a common-sense guideline to better and happier living.

The lessons include topics such as how to take better care of yourself, how to raise children who know right from wrong, how to improve relationships with people and how to maintain trust and honesty in the family and in relationships with others.

By applying the precepts given in *The Way to Happiness* to yourself and those around you, you can gain pride and self-respect and can improve the quality of your life.

Throughout this course, you’ll be able to study at your own pace. Study the lessons carefully, according to the instructions. Make sure you understand each point as you go along.

Get started, and discover the road to a much safer and happier life for you and others.
DIRECTIONS FOR

DOING THIS COURSE

- To do this course you will need your own copy of the book *The Way to Happiness*.

- The course is made up of 20 numbered lessons. Each lesson contains questions covering a portion of the book. At the beginning of each lesson there are instructions about what part of the book the lesson covers. Read the specific section of the book and then, still using the book as a reference, answer the questions asked in that lesson.

  For example, the instructions for Lesson #1 start by telling you to read the sections of *The Way to Happiness* entitled “Why I Gave You This Book” and “Happiness” then answer questions about those sections. Simply read those sections and then answer the questions.

  In some instances there are two or more lessons covering a single section of the book. This does not mean you must read that section again, though you can if you wish and should if you have any problems answering any of the questions. You may review any parts of the book you have already studied at any time – to clear up something you don’t feel certain of or to get a better understanding of a particular concept.

- The questions for each lesson are listed out with space provided for you to write in your answers. If you need more space to fully answer a question, you may use additional sheets of paper. If you do this, make sure to note down the number of the question you are answering and complete your answer.

- If at any time you have problems or need help, let your supervisor know.
READ THE SECTIONS “WHY I GAVE YOU THIS BOOK” & “HAPPINESS” AND ANSWER THE FOLLOWING QUESTIONS:

Question 1: What is survival?

Question 2: Give an example you have experienced of the difficulty of trying to survive in a generally immoral society.

Question 3: What is happiness?
Question 4: Give an example of a time that someone else’s conduct affected your own happiness.

READ THE SECTION “TAKE CARE OF YOURSELF” AND ANSWER THE FOLLOWING QUESTIONS:

Question 5: What is meant by get care when you are ill?

Question 6: Explain how you could handle someone who was ill but was not taking precautions or getting proper care.
Question 7: What is meant by *keep your body clean*?

Question 8: Explain why keeping one’s body clean is important.

*The next lesson contains further questions on the section *Take Care of Yourself*. *
■ ANSWER THE FOLLOWING ADDITIONAL QUESTIONS ON THE SECTION “TAKE CARE OF YOURSELF!”

Question 9: What is meant by *preserve your teeth*?

Question 10: What could be the consequences of someone not taking care of his teeth?

Question 11: What is meant by *eat properly*?

Question 12: Give an example you have seen of what happens when a person doesn’t eat properly.
Question 13: What is meant by get rest?

Question 14: Explain why getting enough rest is important to one's survival.
Question 15: What is meant by take care of yourself?

Question 16: Find someone you know (a friend, family member or someone in your current environment) who is not taking care of himself/herself and help them to correct this using the data in this section of The Way to Happiness. Write down what you did and the result.
READ THE SECTION “BE TEMPERATE” AND ANSWER THE FOLLOWING QUESTIONS:

Question 17: Define temperate.

Question 18: Describe someone you have known who was temperate.

Question 19: What is meant by do not take harmful drugs?
Question 20: Explain why you should discourage people from taking harmful drugs.

Question 21: What is meant by do not take alcohol to excess?

Question 22: Give an example you have seen of the effects of drinking too much alcohol.
Question 23: What is meant by observing the points above, one becomes more physically able to enjoy life?

Question 24: Give an example of how you could apply the precept “Be Temperate” to improve your own survival.
■ READ THE SECTION “DON’T BE PROMISCUOUS” AND ANSWER THE FOLLOWING QUESTIONS:

Question 25: Define promiscuous.

Question 26: Give an example that you have seen or read about of the consequences of sexual promiscuity.

Question 27: What is meant by be faithful to your sexual partner?
Question 28: Explain how being faithful to one's sexual partner can increase one's happiness.

READ THE SECTION “LOVE AND HELP CHILDREN” AND ANSWER THE FOLLOWING QUESTIONS:

Question 29: What is meant by today’s children will become tomorrow’s civilization?

Question 30: Give an example of how your own survival in later years could be affected by the way today’s children are raised.
Question 31:  What is meant by a child is a little bit like a blank slate?

Question 32:  Give an example you have seen of how a child was influenced, either in a good way or in a bad one, by his upbringing.

The next lesson contains further questions on the section LOVE AND HELP CHILDREN.
Lesson Grade

■ ANSWER THE FOLLOWING ADDITIONAL QUESTIONS ON THE SECTION “LOVE AND HELP CHILDREN.”

Question 33: What is a precept?

Question 34: Explain how it could help a child to get him to understand and agree to follow the first precept in this book, “Take Care of Yourself.”

Question 35: What is meant by try to be the child’s friend?
Question 36: Give an example of something you could do to be a child's friend using the information in this precept. Explain how your actions would help that child.

(Note: If you have a child who visits you sit down with your child and have him/her tell you about something. Listen to what he/she has to say. Write what you learned about being a child's friend.)

Question 37: Define obligation.

Question 38: Explain why it is important to let a child help.
Question 39: What is meant by love and help children?

Question 40: Give an example of how you could help a child.
READ THE SECTION "HONOR AND HELP YOUR PARENTS" AND ANSWER THE FOLLOWING QUESTIONS:

Question 41: Define honor.

Question 42: Explain how subterfuges and lies can build a wall between a person and his parents.

Question 43: Define compromise.
Question 44: Give an example of a compromise between yourself and your parents.

Question 45: What is meant by honor and help your parents?

Question 46: Give an example you have seen of someone helping his parents.
Question 47: What is meant by being on good terms with one’s parents or those who brought one up?

Question 48: Explain why it is important to be on good terms with one’s parents.
### LESSON #7

**READ THE SECTION “SET A GOOD EXAMPLE” AND ANSWER THE FOLLOWING QUESTIONS:**

**Question 49:** What is meant by *set a good example*?

**Question 50:** Explain how you could:

(a) set a good example for a child.

(b) set a good example for a friend or fellow worker at your job.

(c) set a good example for another family member.
Question 51: Define influence.

Question 52: Give an example of how you have been influenced by someone.

READ THE SECTION “SEEK TO LIVE WITH THE TRUTH” AND ANSWER THE FOLLOWING QUESTIONS:

Question 53: Define truth.

Question 54: Give an example you have seen of how false data or lies can cause one to make mistakes.
Question 55: What is meant by *what is true is what is true for you*?

Question 56: Think of something that you were taught in school or told by someone else, and determine what was actually true for you on that subject. Write down what you discovered.

*The next lesson contains further questions on the section SEEK TO LIVE WITH THE TRUTH.*
LESSON #8

Answer the following additional questions on the section “Seek to live with the truth:”

Question 57: What is meant by do not tell harmful lies?

Question 58: Give an example that you have seen or read about which shows the consequences of harmful lies.

Question 59: What is meant by do not bear false witness?
Question 60: Give an example of a penalty connected with bearing false witness.

READ THE SECTION “DO NOT MURDER” AND ANSWER THE FOLLOWING QUESTIONS:

Question 61: What is meant by killing?

Question 62: Give an example of a difficulty which could arise out of a prohibition against all killing.
Question 63: Define murder.

Question 64: Give an example of something you could do to help prevent murder.
READ THE SECTION “DON’T DO ANYTHING ILLEGAL” AND ANSWER THE FOLLOWING QUESTIONS:

Question 65: Define illegal acts.

Question 66: Give an example you have seen of how the imagined “advantages” in committing an illegal act turned out not to be worth it.

Question 67: What is meant by the state and government tends to be a rather unthinking machine?
Question 68: Give an example of how you could discourage those around you from committing illegal acts.

READ THE SECTION “SUPPORT A GOVERNMENT DESIGNED AND RUN FOR ALL THE PEOPLE” AND ANSWER THE FOLLOWING QUESTIONS:

Question 69: What is meant by government organized and conducted solely for self-interested individuals and groups?

Question 70: Give an example of how you could work to reform such a government.
Question 71: What is meant by the subject called “government”?

Question 72: Give an example of something you could do to help bring about a better government.
READ THE SECTION "DO NOT HARM A PERSON OF GOODWILL" AND ANSWER THE FOLLOWING QUESTIONS:

Question 73: What is a person of good will?

Question 74: Describe three people you know who are people of good will.

Question 75: What is meant by such people are easy to attack?
Question 76: Explain why one must defend people of good will.

READ THE SECTION “SAFEGUARD AND IMPROVE YOUR ENVIRONMENT” AND ANSWER THE FOLLOWING QUESTIONS:

Question 77: What is meant by be of good appearance?

Question 78: Describe someone you know who keeps up a good appearance.
Question 79: Define **morale**.

Question 80: Explain what appearance has to do with a person’s morale.

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The next lesson contains further questions on the section **SAFEGUARD AND IMPROVE YOUR ENVIRONMENT**.

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LESSON #11

■ ANSWER THESE ADDITIONAL QUESTIONS ON THE SECTION “SAFEGUARD AND IMPROVE YOUR ENVIRONMENT:”

Question 81: What is meant by take care of your own area?

Question 82: Give an example you have seen of a person who did not take care of his own area, and how that affected others around him.

Question 83: What is meant by something that “nobody owns”?
Question 84: Explain what happens to things that “nobody owns.”

Question 85: What is meant by help take care of the planet?

Question 86: Give an example of something you could do to help take care of the planet.
Question 87: What is meant by *safeguard and improve your environment*?

Question 88: Do something to safeguard and improve your environment. Write down what you did and the result.
READ THE SECTION “DO NOT STEAL” AND ANSWER THE FOLLOWING QUESTIONS:

Question 89: What is meant by **do not steal**?

Question 90: Give an example you have seen or read about which shows the consequences of stealing.

Question 91: What is meant by **those who steal imagine they are acquiring something valuable at low cost**?
Question 92: Explain the actual price a thief has to pay for having stolen things.

■ READ THE SECTION “BE WORTHY OF TRUST” AND ANSWER THE FOLLOWING QUESTIONS:

Question 93: What is meant by be worthy of trust?

Question 94: Describe someone you know who is trustworthy.
Question 95: What is meant by *keep your word once given*?

Question 96: Explain what can happen to a person who does not keep his word.
READ THE SECTION "FULFILL YOUR OBLIGATIONS" AND ANSWER THE FOLLOWING QUESTIONS:

Question 97: What is meant by *fulfill your obligations*?

Question 98: Give three examples of obligations you have to others.
Question 99: What is meant by *it is an extreme disservice to a person not to permit him to satisfy or pay off his obligations*?

Question 100: Give an example you have seen of a person's reaction to not being allowed to pay off his obligations.

Question 101: What is meant by *rationalizations*?

Question 102: Give five examples of rationalizations.
Question 103: What is meant by the weight of obligation?

Question 104: Explain how you could help someone who found himself in the dilemma of unpaid obligations and debts.
READ THE SECTION “BE INDUSTRIOUS” AND ANSWER THE FOLLOWING QUESTIONS:

Question 105: What is meant by be industrious?

Question 106: Give an example you have seen of what happens to a person who is not industrious.

Question 107: Define production.
Question 108: Do something which results in actual production in your current location. Write down what you did and how that affected your morale.

READ THE SECTION “BE COMPETENT” AND ANSWER THE FOLLOWING QUESTIONS:

Question 109: Define competent.

Question 110: Describe someone you have known who was competent.
Question 111: Define **incompetence**.

Question 112: Give an example you have seen of how a person’s incompetence can be a threat to you.

*The next lesson contains further questions on the section **BE COMPETENT**.*
■ ANSWER THESE ADDITIONAL QUESTIONS ON THE SECTION “BE COMPETENT:”

Question 113: What is meant by **look**?

Question 114: Give an example of how you could help a friend or family member sort out something that was confusing to them.

Question 115: What is meant by **learn**?
Question 116: Describe the way one should study so that he really learns and can use what he learns.

Question 117: Define practice.

Question 118: Give an example you have seen of the consequences of not being practiced at something one is trying to do.
Question 119: What is meant by **theory and data blossom only when applied and applied with practice**?

Question 120: Describe someone you have known who was truly professional in his field.
■ READ THE SECTION “RESPECT THE RELIGIOUS BELIEFS OF OTHERS” AND ANSWER THE FOLLOWING QUESTIONS:

Question 121: What is meant by respect the religious beliefs of others?

Question 122: Give three examples of religious beliefs which are different than your own.
Question 123: What is meant by religious tolerance?

Question 124: Give an example you have seen or read about which demonstrates that religious intolerance is a very non-survival activity.

Question 125: What is meant by the right to believe as one chooses in the subject of religion?

Question 126: Describe the safest way to talk about religion with someone who has different religious beliefs from your own.
Question 127: What is meant by “faith” and “belief” do not necessarily surrender to logic?

Question 128: Give an example of a religious belief you have known or heard of which does not surrender to logic.
READ THE SECTION “TRY NOT TO DO THINGS TO OTHERS THAT YOU WOULD NOT LIKE THEM TO DO TO YOU” AND ANSWER THE FOLLOWING QUESTIONS:

Question 129: What is meant by “The Golden Rule”?

Question 130: Explain how “The Golden Rule” can be used as a standard of ethical conduct.

Question 131: What is meant by the harm one does to others can recoil on oneself?
Question 132: Give an example you have seen of someone doing harm to another and how it recoiled on himself.

Question 133: What is meant by not all harmful acts are reversible?

Question 134: Give an example of an irreversible harmful act against another.
Question 135: What is a harmful act?

Question 136: Consciously apply the precept “Try Not to Do Things to Others That You Would Not Like Them to Do to You” for a day. Write down what you did and what the results were in terms of your own happiness.
READ THE SECTION “TRY TO TREAT OTHERS AS YOU WOULD WANT THEM TO TREAT YOU” AND ANSWER THE FOLLOWING QUESTIONS:

Question 137: What is meant by “good behavior”?

Question 138: Work out how you would like others to treat you, and write down what you found.

Question 139: Define virtues.
Question 140: Give three examples of virtues.

Question 141: What is meant by one actually sets an example of how he should be treated?

Question 142: Give an example you have seen of a person being treated the same way that he treats others.
Question 143: What is meant by “being good” can be very active and powerful activity?

Question 144: Pick one of the virtues given in this section and specialize in it for a day. Continue to pick one virtue per day each day until you have gone through all twenty-one virtues listed in this section of *The Way to Happiness*.

The next lesson is entitled “EXERCISE” and it lists all of the virtues and gives you a definition and example for each.

Read the instructions first so you totally understand how to do this exercise. If at any time you have problems doing this or don’t understand something, your supervisor will help you.
Important Note:

Before starting this exercise make sure you read the definition for each virtue so that you fully understand the virtues and know how to apply them.

If you find that you cannot apply a virtue, it means that you don't fully understand it. In that case, re-read the definition or look the word up in a dictionary. Once you fully understand the word, make examples to yourself of how you could apply that virtue until you feel you can now go out and apply it in your life.

How You Do This Exercise:

1) Each morning pick a virtue, from the list below, that you will practice that day.

2) Practice the virtue you chose throughout the day in as many situations as you can.

3) At the end of the day, write down exactly what actions you took in applying the virtue and the results.

Example of a Correctly Done and Written Up Virtue:

INTEGRITY (5/23/96) I bet for one team of a soccer game, not knowing that I would be the referee. On one very unclear play the other team scored and an argument arose because of that. I saw the play very well and I knew that it was a goal. So even though the goal was called against my chosen team, I called the goal. Integrity is related to any virtue. If you lack integrity, you lack all of the virtues.
**VIRTUES & DEFINITIONS**

Following each definition is the quote from *The Way to Happiness* about that virtue.

**JUSTNESS:** Fair & right, as in a *just* decision. Honorable. Legally correct, lawful. “You would possibly, first of all, want to be treated justly: you wouldn’t want people lying about you or falsely or harshly condemning you.”

**LOYALTY:** Firm in supporting or being faithful to one’s country, family, friends or beliefs. “You would probably want your friends and companions to be loyal: you would not want them to betray you.”

**GOOD SPORTSMANSHIP:** Fair and reasonable behavior, especially in playing a sport. “You could want to be treated with good sportsmanship, not hoodwinked nor tricked.”
FAIRNESS: Reasonable and just, as in fair treatment. By the rules. Making a fair exchange when trading goods or services. “You would want people to be fair in their dealings with you.”

HONESTY: An honest person is truthful and will not lie or steal or cheat anyone. “You would want them to be honest with you and not cheat you.”

KINDNESS: Friendly, helpful, generous. “You might want to be treated kindly and without cruelty.”

CONSIDERATION: If you show consideration, you show that you care about other peoples needs and feelings. “You would possibly want people to be considerate of your rights and feelings.”
COMPASSION: A feeling of sympathy for and a desire to help someone who is suffering. “When you were down, you might like others to be compassionate.”

SELF-CONTROL: Control of your feelings and behavior. “Instead of blasting you, you would probably want others to exhibit self-control.”

TOLERANCE: The willingness to respect or accept the customs, beliefs, or opinions of others. “If you had any defects or shortcomings, if you made a mistake, you might want people to be tolerant, not critical.”

FORGIVENESS: To pardon someone, or to stop blaming the person for something. “Rather than concentrating on censure and punishment, you would prefer people were forgiving.”
**Benevolence:** Kind and helpful. “You might want people to be benevolent toward you, not mean or stingy.”

**Belief:** Trust or confidence. “Your possible desire would be for others to believe in you, not to doubt you at every hand.”

**Respect:** To feel or show honor or consideration for; to hold in high regard. “You would probably prefer to be given respect, not insulted.”

**Politeness:** Having good manners; being well behaved and courteous to others. “Possibly you would want others to be polite to you and also treat you with dignity.”
DIGNITY: Calm, proud, and in control; noble; stately. A person who has dignity has a quality or manner that makes him or her worthy of honor or respect. "Possibly you would want others to be polite to you and also treat you with dignity."

ADMIRATION: The act of admiring; the feeling of delight and pleased approval at anything good, beautiful, etc. "You might like people to admire you."

APPRECIATION: To think well of, understand and enjoy; to recognize and be grateful for. "When you did something for them you would possibly like people to appreciate you."

FRIENDLINESS: Showing friendly feelings, ready to be a friend; not hostile; supporting; helping. "You would probably like others to be friendly toward you."
LOVE: A deep feeling of affection for another person or people. A feeling of brotherhood and good will toward other people. “From some you might want love.”

INTEGRITY: The quality or state of being of sound moral principle; uprightness, honesty and sincerity. “And above all, you wouldn’t want these people just pretending these things, you would want them to be quite real in their attitudes and to be acting with integrity.”
READ THE SECTION “FLOURISH AND PROSPER” AND ANSWER THE FOLLOWING QUESTIONS:

Question 145: Define **flourish**.

Question 146: Give an example of something you could do to flourish.

Question 147: Define **prosper**.
Question 148: Give an example of something you could do to prosper.

Question 149: What is meant by someone who is evil-intentioned toward one?

Question 150: Give an example of an evil-intentioned person you have known or read about. What types of things did he/she do?
Question 151: What is meant by the real handling of such a situation and such people, the real way to defeat them, is to flourish and prosper?

Question 152: Give an example you have seen or experienced of an evil-intentioned person attacking someone else. Explain how this could have been handled using the precept “Flourish and Prosper.”
READ THE SECTION “EPILOGUE” AND ANSWER THE FOLLOWING QUESTIONS:

Question 153: What is meant by *happiness lies in engaging in worthwhile activities*?

Question 154: Give an example of a worthwhile activity you have engaged in that made you happy.
Question 155: What is meant by the precepts given in this book are really the edges of the road?

Question 156: Give an example you have seen where one or more of the precepts in this book was violated and what the consequences were.

Question 157: What is meant by make a new beginning?

Question 158: Give an example of someone you know who could make a new beginning using the precepts in this book.
Question 159: What is meant by get others to follow the road?

Question 160: Give copies of the book *The Way to Happiness* to three friends, co-workers or family members whose survival affects your own. (Follow the instructions given in the beginning of the book, entitled *How to Use This Book*.) Write down who you gave the books to and any observations you had in doing this.