

happiness, it is necessary to convince the unhappy man that happiness is both desirable and possible.

Title: Psychological Causes, Impacts and Remedies of Unhappiness

Précis 13: CSS 2010

Q.2: Write a précis of the following passage and suggest a suitable title: (20)

Of all the characteristics of ordinary human nature envy is the most unfortunate; not only does the envious person wish to inflict misfortune and do so whenever he can with impunity, but he is also himself rendered unhappy by envy. Instead of deriving pleasure from what he has, he derives pain from what others have. If he can, he deprives others of their advantages, which to him is as desirable as it would be to secure the same advantages himself. If this passion is allowed to run riot it becomes fatal to all excellence, and even to the most useful exercise of exceptional skill. Why should a medical man go to see his patients in a car when the labourer has to walk to his work? Why should the scientific investigator be allowed to spend his time in a warm room when others have to face the inclemency of the elements? Why should a man who possesses some rare talent of great importance to the world be saved from the drudgery of his own housework? To such questions envy finds no answer. Fortunately, however, there is in human nature a compensating passion, namely that of admiration. Whoever wishes to increase human happiness must wish to increase admiration and to diminish envy.

What cure is there for envy? For the saint there is the cure of selflessness, though even in the case of saint's envy of other saints is by no means impossible. But, leaving saints out of account, the only cure for envy in the case of ordinary men and women is happiness, and the difficulty is that envy is itself a terrible obstacle to happiness.

But the envious man may say: 'What is the good of telling me that the cure for envy is happiness? I cannot find happiness while I continue to feel envy, and you tell me that I cannot cease to be envious until I find happiness.' But real life is never so logical as this. Merely to realize the causes of one's own envious feeling is to take a long step towards curing them.

Envy - the unfortunate human characteristic

Envy is the unluckiest feature of human nature. It not only harms others but it also destroys the excellence and exceptional skills of the person feeling it. Envious person gets pain from others' possessions. However, happiness and selflessness are the cure for it. It is difficult to control envy because envious person finds it difficult to feel happy when they feel envy. But to know one's own cause of envy is itself a great step towards mitigating it. Thus, overcoming of envy and a sense of admiration ~~are~~ leads to happiness.