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Mian Farzeen
Umar

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Envy and Its Cure: Happiness

Jealousy, the most negative human characteristic, is problematic for others and creates misery for oneself. Jealousy drives behaviour in which depriving others is perceived as a self-achievement. Leaving such behaviour unchecked results in dire consequences. Jealousy prompts humans to fail at accepting genuine privileges held by others such as doctors. Intrinsic jealousy can be balanced by appreciation. Increased appreciation ability and reduced jealousy leads to human joy. Saints perceive selflessness as a way to tackle jealousy but normal humans can do it through happiness. Jealous humans should overcome the negative trait by focusing on the underlying causes which breed jealousy to achieve a long-term fix.