



THE PATH TO HAPPINESS

Respect · Love · Happiness

An Invitation to Explore

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An Invitation to Inquiry

Every day we think, make decisions, act—or choose not to act—and live with consequences. Some consequences are immediate; others become visible only with time. What might change if we examined this progression more carefully?

The Path to Happiness is a connected philosophical inquiry into Respect, Love, and Happiness. It does not promise a particular outcome or ask readers to accept its conclusions without examination. It invites them to consider its ideas against their own reasoning and experience.

Three Books, One Connected Inquiry

The Supreme Debate — Respect

The first book asks what Respect means beyond courtesy, agreement, or convention. It proposes: “Every thought and action that contributes to the health of oneself and others.” From this perspective, the quality of our thinking matters because thought can influence decisions and the consequences that follow.

The Supreme Consequence — Love

The second book considers the use of something every person possesses in limited quantity: time. It defines Love as “The sustained donation of one’s time toward the well-being of life and nature.” It asks us to examine not only what we intend, but what our continued use of time contributes.

The Supreme Challenge — Happiness

The third book examines Happiness as “The highest expression of health.” Rather than equating happiness with a passing pleasant feeling, it invites inquiry into the condition of a living entity as a whole and the possibility of sustaining that condition through time.

From Thought to Consequence

The Supreme Symbol expresses a progression at the heart of the inquiry:



Reasoning → Decision → Action or Inaction → Consequence

The progression matters because our choices are not isolated events. They arise from how we reason and can affect ourselves, other people, and the world around us. The books ask how we might evaluate these effects more carefully.

Within this framework, Health is defined as “the condition of a living entity as a whole.” This provides a reference for considering the consequences of our decisions.

A Simple Example: The Value of Our Time

Imagine someone returning home after a demanding day. They are tired and need rest. A family member wants to talk about something important. They might listen immediately, ask to speak later, or decline. None of these responses is automatically right in every circumstance.

The question is how to weigh their own need for rest, the other person’s need for attention, and the likely consequences of each choice. The example is ordinary, but it illustrates how reasoning, time, action, and well-being can become connected.

Why These Questions Matter

Most of life is lived through ordinary decisions: how we speak, how we listen, what we give our attention to, and what we choose to leave undone. Their significance may be difficult to recognize in the moment. Yet their consequences can accumulate.

The trilogy explores whether a more deliberate examination of our thoughts, decisions, actions, and use of time can contribute to healthier lives and relationships.

The Path to Happiness

The relationship among the three books is intentional: Respect can make Love possible; sustained Love can contribute to the conditions in which Happiness becomes possible. This is a conditional philosophical progression, not a guarantee.

The Project Today

The three manuscripts have been completed in English and Spanish. Hardcover editions and their presentation format are in development. Publication timing and final retail pricing have not yet been established.

More information: www.glifepublications.com

An Invitation to Respond

If you have taken a few minutes to read this introduction, I would welcome your reaction. There is no expectation of agreement or purchase.

1. What idea in this introduction interested you most?
2. Is there anything you would like to understand better?
3. Would you be interested in exploring these ideas further, or know others who might be?

If these questions interest you, you are welcome to share this introduction with anyone who may wish to explore them. There is no obligation to do so.

Comments and questions: info@glifepublications.com