

# The Secret of Happiness

Story Origin: Sufi Muslim, Turkey

Nasrudin is known as much for his wisdom as his foolishness, and many are those who have sought out his teaching.

One devotee tracked him down for many years before finding him in the marketplace sitting atop a pile of banana peels -- no one knows why.

“Oh great sage, Nasrudin,” said the eager student. “I must ask you a very important question, the answer to which we all seek: What is the secret to attaining happiness?”

Nasrudin thought for a time, then responded, “The secret of happiness is good judgment.”

“Ah,” said the student. “But how do we attain good judgment?”

“From experience,” answer Nasrudin.

“Yes,” said the student. “But how do we attain experience?”

“Bad judgment.”