



## **Young Israel of Bal Harbour**

### **The Dose**

Wednesday, June 8, 2016, Sivan 2, 5776

**Sponsored by: Susan and Aaron Weinberg**

in honor of our Rav, Rabbi Moshe Gruenstein for his teaching and spiritual leadership.

The desire to appear to others always as being happy is itself a reason for many people's unhappiness. Dale Carnegie, who authored the bestselling book, "How to Win Friends and Influence People" once asked "did you ever see an unhappy horse, did you ever see a cow with the blues?" The answer is no! Because they are not trying to impress other cows or horses. We have been duped by Madison Avenue, that we have an obligation to be happy at all times and if we are not happy, it's because we lack a particular product that the advertising world is trying to sell us.

(Sefer-Taking Stock - Rabbi Benjamin Blech)

Wishing you an inspiring day!

Rabbi Moshe Gruenstein