



LOOKING FOR THE
HAPPINESS FORMULA

Anne and the Reunion's Diary

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PROLOGUE

“Young writers on the road”. This was the title of the activity that had this novel as a result. It is an e-novel written by students from Spain, Finland, France, Poland, Italy and Turkey. They took part in the Erasmus + project: Women as Spiritus Movens towards equality in the European citizenship. Each national team wrote a chapter and the plot was continued from one country to another. The activity was carried on through the whole project, starting in 2014 and finishing in 2016. Every new chapter was read aloud in each international workshop meeting. Students used one of the most important women in each country as the main characters. This is one of our contributions to put in value the role and strength of women in the European development. We hope you enjoy it.

LOOKING FOR THE HAPPINESS FORMULA

CHAPTER 1: SPAIN

Written by
Daniel Lizardo



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 1

Madame Molina (yes, she likes people to call her like that) lives in Seneca Street. Not many people know about this street, actually, but it is really important for Anne. In fact, that's where our story begins. But... wait a second. I think I'm going too fast!

Anne Naranjo moved to Spain about a month ago. Technically she is Spanish, but she has lived in France all her life because her father worked there. Unfortunately, he lost his job and so the whole family decided it was time to go back to Spain, where Anne's grandparents lived.

When she arrived in Badajoz, she felt scared. I mean, people always feel a bit scared when they have to move, don't they? All that packing and unpacking, the fuss, the stress, the trip, the perspective of going to a different place, to a new house, wondering if you'll ever be able to make friends... these were the things that filled Anne's mind.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 1

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The first thing Anne thought about Badajoz was “Wow, that’s hot!” It was October but it wasn’t even chilly and there were lots of people walking everywhere. “That’s nice”, she thought. She promised herself she would spend more time outdoors. In Chambery there was no way she could go outside in the afternoon in October. It would be too cold for that.

The 17th of October was her first day at the new school in Badajoz. It was really hard for her. Apart from having absolutely no friends, she could hardly speak the language. In fact, the only words she could say were “hola” and “gracias”. And... oh dear, Spanish people spoke so fast... Luckily, there was Mademoiselle Soler, the French teacher, with whom Anne could talk in French. What a relief having someone to talk to...

One day, after another study session to help her improve her Spanish, Anne decided to go for a walk and visit the old part of the city. Her dad had given her a map a couple of days before and she thought this was the perfect opportunity to use it.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 1

Ancient Badajoz is amazing! It's in a high part of the city, so people have to go up steep and narrow streets to get there. Besides, the buildings are really old, so it feels like you've just got in a time machine and you've travelled some decades back. But curiously, there are also restaurants and bars full of people. Ane, without knowing it, got lost. She was so fascinated that didn't realize where she walked. Ane got scared for a moment, it was seven o'clock and it was getting darker. She tried to seek the place she was in the map but couldn't find anything.

Suddenly, someone in her back called:

-Sorry, can I help you? –asked an old woman behind. The lady was wearing a pink pajama with little Teddy Bears on it. She talked to Ane in English because she had observed Ane looked like a foreigner. The lady knew how to deduce this things.

-Yes, please –answered Ane after few seconds- Would you please let me use your phone for a moment?

-Of course I would, but it is a bit old. –the lady smiled.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 1

When Ane went in the house, she thought I was magic. Something in the walls, on the floor made her feel warm and comfortable. The main room was a few meters under the ground so it hadn't many windows. But it wasn't dark at all, the lady had put colored candles all over the place.

-Please sit down –the lady showed her a red armchair- the phone is over there.

-Thank you –said Ane and started to call her father.

Meanwhile, the lady went to the kitchen and shouted:

-I will prepare some coffee!

Ane smiled and put down the phone. Her father will be getting her back in 20 minutes.

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CHAPTER 1

Few minutes later the lady came to the living room with two yellow cups of coffee.

-So... What's your name? –asked offering her a cup.

Ane talked and talked a lot. She just told her how and why she came to Spain. Ane felt fine with that woman. She didn't know her at all but it was easy for her to talk.

Then, Ane asked:

-And what about you?

-Oh, I'm sorry. My name is Madame Molina.

-Beautiful name! I think I have heard of it before –Ane started to think where...

-Maybe. I lived in France for many years too. *Je parle aussi le français.*

Ane smiled. She was finding French in Spain. In the next minutes they just talked French. Madame Molina lived in France since she was young. When she was 20 years old she moved to Spain with her family.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 1

-And why did your family moved here? –asked, curious Ane.

-Well, my grandmother was a Spanish writer, but in one of her trips to France she fell in love with handsome French man. So our family is divided between these two places.

Ane felt identified with Molina´s story.

-What was your grandmother´s name?

-Her name was Emilia. Jesus! She was a fighter, a hard fighter –said the lady, with passion in her face.

-Why? –Ane laughed.

-My grandmother wanted to be a writer since she was young, but she couldn´t study in an official school because she was a woman. It didn´t stopped her and Emilia started to fight against this problems. Writing wouldn´t be easy if you were woman in this period. At this time, you could only think about man in all aspects, now it has changed but we have to remember the people that made those things change.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 1

“It is true”, thought Ane. When she studied history in school, she learned about the discrimination of women around the world. Some women, like the sister of Mozart, were forgotten, people just gave credit to men.

But Ane was sure many women made history too.

Madame Molina looked to Ane with her little shiny eyes and said:

-I am going to show you something, please stay here.

The lady went running out the living room, like if she was trying to find something. Seconds later, she came back with an old brown diary. It was full of dust and it looked like no one had touched it for years

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 1

Madame Molina sat down next to Ane and opened the book. The yellowy pages were about to broke, it looked so fragile. But Ane liked it, it was a beautiful diary. The girl was sure that it took a lot of work to make it. It had a lot of details and notes, some drawings in color, and few black and white photographs.

-Look, –the lady showed Ane a photo in the first page- in 1937 twelve women from Europe made the First Secret Happiness Reunion. These women called it like that because they said if the world had equality, it would be perfect, and that became their philosophy. My grandmother, Emilia Pardo Bazón, was between these important women.

-Seriously? –Ane was amazed- And who was at that Reunion?

-Hmm, I don't remember that very well, I can say that there were politicians, philosophers, actresses, mothers and daughters. Just like you and me.

-What did they talked about?

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 1

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-As I told you, they wanted equality between man and woman but also between countries. So they wrote seven rules to find true happiness. You know, these women were some of the most intelligent woman in the hole world, I am sure they made special rules.

-Where are these rules? –said Ane, searching in the book- here there are just photos and names.

-There is the problem. In 1941, they made their last reunion. They had finished those rules, they wanted a revolution, they had called the press and governments to make a shout out to the world. These 12 woman didn't success.

-What? Why?

-The politicians at this time couldn't think about anything about that, they were closed to the reality of men. The press, the presidents told lies about them and they became a forgotten case. They stole The Seven Rules from them and burnt them. These were ideas to change the world, they wanted to ignore everything. I am sure there are some rules hidden over Europe but no one have found them. I found this in the old house of my grandmother, it is all I have. I think every woman took notes about it so maybe these 12 women have a book like this.

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CHAPTER 1

Madame Molina was sad; Ane noticed it by the tone of her voice.

-But nowadays things are different! –Ane tried to animate the situation- Women have rights and they can work in what they want.

-Maybe it is true, but not everything. In many countries the woman is an ugly object, they are like slaves or just an animal. We still need change, Ane.

Ane didn't think about it before; she had heard things in the news but never this way. It was hard to think about places like that where women are nothing.

-Here we have it too –continued Madame Molina.- How many women presidents or ministers do you know in the government? Every time a woman becomes something important it is a huge new! ``This is the first woman being president of the United States of America... and this is the first time a woman does goes to the Moon``-said, changing her voice like if she was a presenter.- Why? Why can't we think about woman the same as man? Because of the world's tradition.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 1

-So this is what they really wanted to change –understood Ane.

-Yes! They didn't felt satisfied with rights, they wanted Real Happiness.

Madame Molina had just said that when someone knocked the door, it was Ane's dad.

-Hurry! –said the lady- You need to have this book and find the rules!

-But I can't, I don't even know...

Ane couldn't finish the sentence because Molina gave her the diary at the moment and closed the door of her house.

Her dad was a little bit surprised because of the scene. Ane went back home and she couldn't stop thinking about the book.

Ane started to read it, it talked about The Reunion and the people who came there. But Ane got a little disappointed because the names were hidden in code names.

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CHAPTER 1

“Minsk, 18th November 1937. Cloudy day, no rain

All women are seated down, the First Happiness Reunion starts.

WHITE BIRD. Okay ladies, thank you for coming. This could be dangerous for us so I beg to you not to tell anybody about this.”

“White Bird? What is this?” Thought Ane. She didn’t understood anything.

- I need to find the rules, but where can they be?

-Suddenly, the book fell down the floor and an orange card came out the book. It had a I written on it.

-You all know what is it uh?

Ane opened the card and found:

THE FIRST RULE, Minsk 1941.

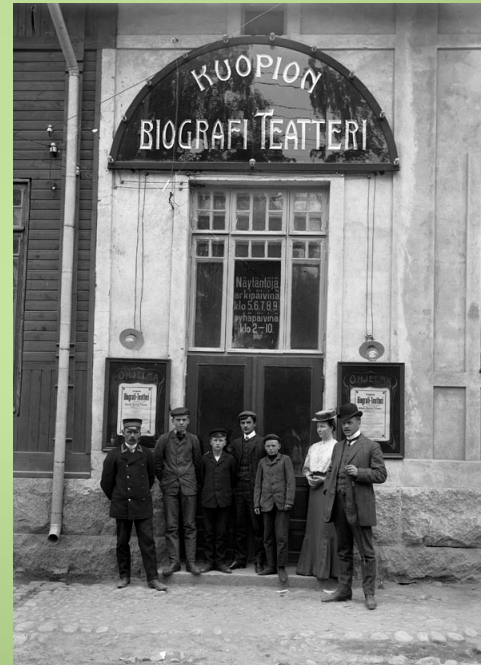
LOOKING FOR THE HAPPINESS
FORMULA

CHAPTER 2

FINLAND

Written by

Emmy Pelkonen



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 2

Anne was bit confused about everything - why did madame Molina give the diary to her and tell her to find the rules? And most importantly, how could she do that? But she was also very excited and couldn't help but try to do it.

Anne spent the next few days constantly reading the diary and searching for information about the reunion's women and the rules. The twelve women had used code names, like WHITE BIRD, BLACK CAT, RED FOX and so on. "Not very original", thought Anne, but maybe the women wanted to keep it simple. She had realized that the BLACK CAT must have been Emilia Pardo Bazán herself. Well, it was written in the cover of the diary so it wasn't so hard to figure that out. However, there was a lot of work to do; the diary had over 200 pages and that wasn't all. Inside the diary, Anne had also found a bunch of letters which had been written to Bazán.

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CHAPTER 2



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 2

"My dearest Emilia" said the first letter, which was written in French actually. "It's been peaceful here and I have had lots of time to concentrate on my writing work, but I am happy to tell you that I am coming back to Paris in August with my other friends. I hope that some of our other female companions will be able to join us too, so we can continue contemplating our plan. Have you heard anything of them? We should arrange an official meeting soon so we can really get our project moving forward. I have been in contact with Mrs. Minna Canth and she is also interested in it. She sent her greetings, but also wanted to remind us about the fact that we are going to try to do something that is easier said than done. That is true, my beloved friend, but we won't give up easily.

*I hope everything is going fine with you and your husband. I hope you will write back soon. Yours truly, Helena
Westermarck "*

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 2

The letter was dated in June 1936 in Helsinki. Anne had no idea who Helena Westermarck was but Helsinki sounded familiar to her. She checked it from the internet, and yes, it is the capital of Finland. "Finland! How am I supposed to find out the other rules if they are on the other side of the world? And where are the other women from..." Anne had lots of questions in her mind. She decided to check if she could find some information about Helena Westermarck or this Minna Canth who was mentioned in the letter. She found out that Westermarck was a Finnish artist and a writer, who was also an active feminist. She also discovered a famous Finnish writer, Minna Canth, who had also contributed to women's situation in Finland. "Thank you Wikipedia".

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 2

Anne tried to find out if there were more letters from the Finnish ladies. There were five more from Ms. Westermarck. From her letters Anne realized that she must be the WHITE BIRD and that she had studied arts in Paris with some other Finnish female artists. She had known Bazán long before the Happiness reunion. Anne remembered how Madame Molida had told her that her grandmother had travelled a lot and had also lived in France. From history lessons she remembered that France, especially Paris, had been a cultural centre of Europe, so many people from all around the world used to study and visit there already in the earlier centuries. The women had possibly met each other there, at least some of them.

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Suddenly, one of the letters drew Anne's attention. The envelope had no writing on it and it wasn't opened yet. She wasn't sure if she should open it, but she was too curious to not do that. There was another orange card, with number 2 on it, another piece of paper and a mysterious golden key in it. The paper said "Be brave and be curious. There are many things that have not been discovered out there. Don't be afraid to open new doors." And the card - obviously - had another rule written on it: *"The second rule: You cannot buy happiness. Greed is one of the things that brings misery to the world. It makes people blind, whether it is about money, power or prestige. We should look after each other and learn how to share, not to gather everything for ourselves."*

"What is this message..." wondered Anne, "and what is this key for?" Anne thought that maybe madame Molina would know something about the key and could help her, so she decided to pay a visit to her as soon as possible.

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Next day, after another Spanish lesson, she went to the old part of Badajoz again. She tried hard to remember all the streets and the buildings she had seen the other day. She wandered in the city over an hour and a half, but finally managed to find the street where madame Molina lived - or should have lived. You see, her apartment was still there but it looked like it was desolated. Anne knocked the door several times but nobody answered. Anne tried to ask the people who lived in the same street about Molina in her poor Spanish but nobody knew anything about her. They said that no one had lived in the house for years. Anne was taken aback. How was this possible?



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 2

She went back home and spoke about it with her father. Her father laughed and said that she must have been lost, but Anne was sure she had found the right place. The next day Anne went to try again but the result was the same. Anne stood in front of the apartment's door and felt discouraged but then she noticed something. The lock on the door was beautiful and golden, like the key she had found was. She took it out of her bag and tried it to the lock. It fitted. She turned the key and opened the door. When she walked in, there were seven doors in a large room against her. All of the doors were hazel brown and had beautiful golden locks like the one earlier. Anne was astonished. What is this?

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CHAPTER 2



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 2

She remembered the message from the envelope "Don't be afraid to open new doors." Anne was slightly scared but went to the first door on the left and tried the key to the lock. It opened too. She peeked inside but she couldn't see anything but darkness. She pulled the door wide open and stepped in cautiously. She felt the fresh air draught on her face and then, all of a sudden, there was a bright light and she was standing outside in a crowded street. She didn't believe her own eyes. She was confused and even more confused when she realised where she was - in Paris. And that wasn't all - 12th of August 1936 stated the newspaper in the magazine stand. "What...oh my god!" Anne was completely puzzled.

LOOKING FOR THE HAPPINESS FORMULA

CHAPTER 3 FRANCE Written by



Le peuple de France
a voté
pour le pain, la paix,
la liberté!

DEUXIEME EDITION
l'Humanité
ORGANE CENTRAL DU PARTI COMMUNISTE (F. P. C.)
FONDEUR: JEAN ZAY
1936
EDITEUR: MARCEL GAZON

VICTOIRE!

Le Front Populaire triomphe!

DANS TOUT LE PAYS, DES MANIFESTATIONS PUISSANTES ET ENTHOUSIASTES GROUPANT DES DIZAINES DE MILLIERS DE PERSONNES ONT SUIVIS LA PROCLAMATION DU SCRUTIN



Depuis le 20 juin, la loi sur les congés payés a été adoptée et des milliers de personnes se sont rendues, tout au long de l'été, dans les guichets pour planifier leur vacances. Malheureusement pour vous si vous n'êtes pas salariés, vous ne pouvez pas en bénéficier. Mais ne vous inquiétez pas, le front populaire va continuer sa quête pour l'amélioration des conditions de travail au sein des entreprises.



1936 est une grande année : les ouvriers gagnent une semaine de vacances. Nombreux sont alors ceux qui partent profiter de leurs congés payés à bicyclette.

Le printemps 36 est marqué par de grands mouvements sociaux, avec un mois de grève en France et une dizaine de jours en Belgique. Il s'achève sur une victoire sociale révolutionnaire: les congés payés.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 3

Anne was in the middle of a place called Pigalle, in Paris. She found herself surrounded by old buildings made of stone, she could see ice cream salesmen, bakeries and many butchers' shops. The ground was full of pavement stones. Carts were going by in front of her.

She was amazed by all the bicycles that she could see. There were people everywhere riding the bikes and looking happy because of the wonderful weather in Paris.

She wondered why there were no cars and so many people fleeing Paris on their bikes ! People were laughing around, they all had suitcases. Anne remembered that she had learnt that in 1936 in France the first paid holidays had appeared, that's why there were so many people in the streets. People were screaming « Bonjour!, Bonnes vacances! » from the top of their balcony.

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 3



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 3

The sun was shining. People were strangely dressed. Women had long and large dresses, they all had curly hair and red lipstick. Men were wearing suits with long jackets.

All of a sudden, she was interrupted in her thought. Then she looked at herself in the mirror of a shop window and remained stunned as her physical appearance was so strange.

She was wearing an awful pair of shoes that were terribly uncomfortable and a long black dress a little bit too large for her. She had the feeling that she was dressed up for a carnival ! However, her clothes in the fashion of 1936, permitted her to be fully integrated into Paris population. She looked like all the women who were walking in the street. Anne realized that the women of this time were not really free to get dressed as they wished to, indeed women were not allowed to get dressed with pants or short dresses.

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 3



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 3

How submissive they are to follow a strict dress code! she thought. She felt oppressed. She started walking with difficulty. She could see children playing with a stick on the ground. « If only they could see with what we are playing in 2015 they would be surprised ! » Anne thought.

She enjoyed the sight of her own reflection in shop windows while she was looking at herself . All of a sudden she caught a glimpse of a familiar lady and was astonished. The lady strangely smiled at her, intrigued she decided to follow her and exclaimed : “ Hey Madame Molina”! The lady didn’t answer and people in the street stared at Anne in a strange way because Madame Molina was unreal , transparent only visible by Anne. She was pretty sure it was her, Madame Molina , she had recognized her pink pyjamas. She decided to follow her at a quick pace and without uttering a word.

Madame Molina led Anne to an old crawling building. The windows were all broken into pieces, the wall painting was slowly degrading, and the roofs were almost letting in all of the raindrops. She followed her inside, travelled to a long corridor and arrived in a large circle place with a huge circular table in the centre of it. It reminded her of the myth of “the Table Ronde” !

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 3

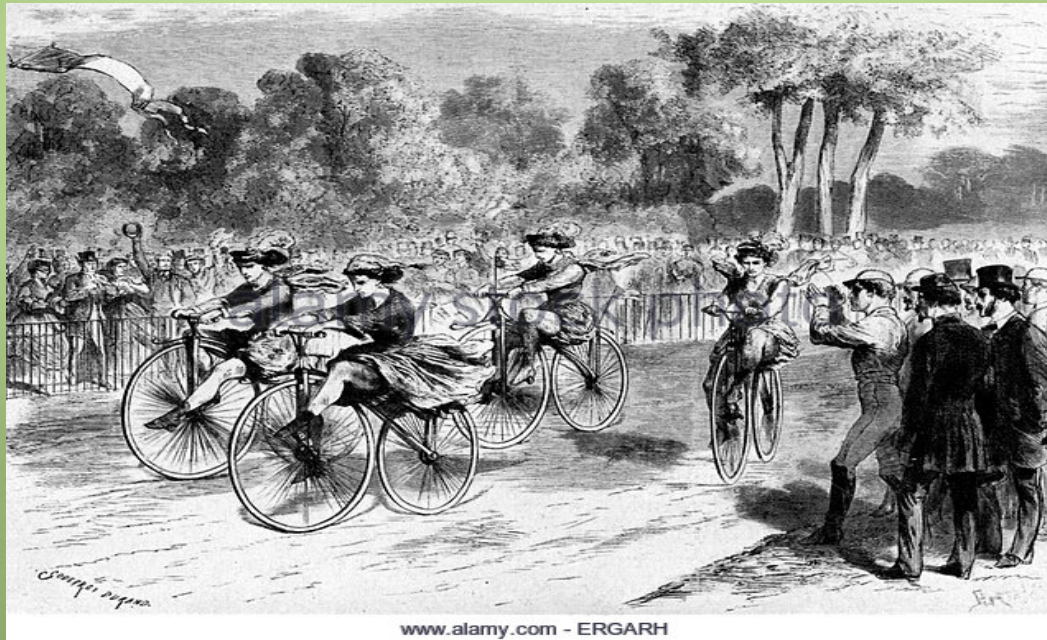
There were plenty of people, and as many men as women. Some were sitting down, some others walking around, but all were speaking, talking to each other in different languages.

There was not much light, just a few torches here and there, because there was no longer electricity. It looked like some kind of secret sect, a secret faction. The people in there were all wearing hoods and Anne was not able to see their face due to the lack of light. She was not hearing any names either, just pseudonyms, like YellowChick, FoxySquirell or even BlueDolphin.

She then noticed that every woman had the same book as her, which had been given to her by Madame Molina.

Anne arrived in a huge room which looked very clean and luxurious. She was very interested in the speech. “How fascinating!” she thought. She almost fainted at the overwhelming feeling of happiness when she tried to sit down on a white chair. Everybody seemed to be surprised at seeing her here. As soon as she was relaxing, she heard other parts from the speech which was being delivered.

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 3



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 3

“ Every woman deserves equality in all the continents, France is known to be the country of freedom.”

She stopped listening to it because her attention was drawn by the library next to her. She entered and saw that there was quite a lot of paintings on the room's walls. There were exactly seven of them. But she noticed that one of them was watered down, so she went to clean it up. But as soon as she touched it, it fell down on the ground. Anne was going to pick it up but she noticed a small piece of orange paper on which something was written. It was the third rule!

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 3

Trust is the mother of sûreté, without sûreté, no power is possible. Solidarity is the key women possess, that key opens the door to power."

There was plenty of books surrounding her but one of them caught her attention, it seemed very ancient and precious, the cover was red with gold-rimmed letters. It was entitled "Déclaration des droits de la femme et de la citoyenne" by Olympe De Gouges . She pulled it but it got stuck. Instantly, a trap door opened. She fell inside. Boom!!!

All of a sudden she saw a white bolt of lightning and found herself in Badajoz in the same room where she was a few hours ago !

LOOKING FOR THE HAPPINESS FORMULA

CHAPTER 4:
POLAND
Written by
Natalia Segiet



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 4

Anne was very confused and had even more questions in her head than before the time trip (if that's even possible). Struggling to stand on two feet she grabbed the first object that could help her keep the balance. Fortunately or unfortunately, it happened to be an old-fashioned lamp with a very colorful lampshade. When she finally got to stand still and got rid of fulfilling dizziness, she took a closer look at it.

The lampshade showed pictures that looked like an old photos but with different filters on them. Some were blue, other green, and the main one (that was the same on every site of the lamp) showed a group of young women sitting in similar positions, waiting for a photographer to take the picture. Many of them were smiling, some looked a little anxious, but each had some spark of happiness and pride glowing. Looking closer Anna saw Madame Molina at the right bottom of this art piece. She looked much younger than at their previous meeting. Along with other women she was dressed in a long dress made from some strange material and had a small hat on her head. She looked like her dream finally came true. Anna stepped even closer. And to her astonishment she saw the date.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 4

- Minsk, 1941... - Anne read – but it is impossible. Madame Molina said that they didn't succeed, so how come they're so happy? And why Madame Molina is among them, she shouldn't be....- the girl was truly shocked.

From the letters and stories included in the diary, she recognized most of the women. She knew what they looked like but what else could she do?

She decided to take the precious book, the three rules and go back home. But before she walked out she thought that she could take a photo of that lamp and its riddles. She aimed at doing it but when she got back to the living room, there was no lamp and no doors. It looked like no one lived there for a long time. The couch was covered with a layer of dust, as well as the other things in the room. The shocked girl thought that it must be some kind of a joke. How could it be possible?

“ It must be a weird dream...that's all “, she thought.

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 4



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 4

Anne heard some strange noise coming from the upper floor of the building.

“Well, if that’s just my imagination, why not see, what it was?”

Slowly, she started going up the stairs, when she reached the top, she saw a giant tree. A family tree to be exact.

Anne took a closer look. She saw a lot of names and golden lines connecting people. She was searching for some name she could know from somewhere. And she found it...

“ Adalina Naranjo (maiden name Valor) born in 1890... but it is impossible, that’s my great-grandmother name. How come...” Then she heard a voice coming from behind.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 4

“Adalina, but my friends liked to call me Molina, it was like our secret code”.

“What are you doing here Madame Molina? “, asked Anna in a frightened voice.

“ Well, since you’ve found three of the rules I came to tell you a little more about our organization, because for the next ones you will need a little more knowledge “, said the elderly lady and went downstairs, making Anne follow her.

They sat in the big, bright room (which looked like during the first visit !) and Madame Molina spoke:

“I realize, that you have many questions, but we don’t have much time, so we’d better start .”

“ Ok. So why me? Why do I have to find those rules and no some other person?”

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 4



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 4

“ Well, Anne you are my heir, I want you to do something, that we couldn’t do back in our times. I want you to change the reality for better”, said the elderly lady with a teary eyes for the memory of uncompleted mission.

“But how do I get to do it? If you failed and all... how are you so sure that I will make it ? “, asked Anne rather upset, she couldn’t even properly speak Spanish, let alone change the world for better. “We have our reality, and most people like it the way it is. “

“Ah... reality... what a beautiful world... How sad it is only an imagination. What for one person is normal for others is chaos. Anne you must remember, that if you truly want something, the sky is the limit and no one can stop you. Believe in yourself and remember, what you read in the diary I gave you. All of it will be important in order to get the next rules. And for now I must say goodbye. My time has come to an end. Be brave my great- granddaughter.”, said Madame Molina and walked away, before Anne could say anything.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 4

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“Wait!!! What should I do, when do I find the rest rules?! How do I know I’m the right person?.....”,
Anne was screaming in the air .

Frustrated, she opened the diary with a desire to destroy it along with all the rules and the riddles inside of it, but she saw another card. It was green with big number 4 on it.

Anne opened it and read :

“Courage is one of the best and most important virtues. Without it you cannot practice any other virtue consistently. Strength and courage aren’t always measured in medals and victories. They are measured in the struggles they overcome. The strongest people aren’t always the people who win, they are the people who don’t give up when they lose.”

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 4

She finished reading with teary eyes and knew, why those women were smiling and why she should complete her task. Those rules were worth it, the change they would bring was worth it. She saw, that along with the card, another key was inside the diary. This time it was a silver one.

“Well, it better be good ... “, thought Anne and rushed upstairs, where she had a feeling that a new set of doors would be located.

LOOKING FOR THE HAPPINESS
FORMULA

CHAPTER 5:
ITALY
Written by



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 5

So Anne ran upstairs, full of excitement and expectation, thinking about what she would have found behind the next door. Only to find out that there... “Wasn’t there a door to open?”

It couldn’t be possible, why had she been given a key, then? Wasn’t it supposed to be her destiny or something like that? She wasn’t going to give up now, Madame Molina couldn’t have told her lies, so she started looking around in every corner of the room she was in, she even overcame her fear and searched in the darkest area.

And that’s where she found an old wooden door, covered with crevices and falling apart.

Even though it looked unsteady, as if it could have gone to pieces at any second, when Anne tried to open it, it wouldn’t move.

Until she saw the silver lock that was keeping it closed.

She reached out for the key in her pocket and tried to open it, and it worked!

But at once, the other door from which she had come in, closed with a loud slam that resounded across the whole room.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 5

Anne panicked and rushed towards it, trying to push it open, but it just wouldn't move.

After a few minutes, trying to open the passage again, she gave up and turned around, going back to the wooden door with the silver lock.

She went through the opening, finding herself in a dark hallway with a dim light at the end of it.

Walking along it she noticed that the closer she got to the light, the more the space around her changed into something she couldn't really (put her finger on. ?)

She noticed more and more men walking around her, rushing past her as if they hadn't caught her presence.

"Where ever am I?, there are only men here, am I even supposed to be here?" she thought, "Does this mean something? Does this have a meaning that I can't understand yet?"

And as if someone was hearing her questions, a voice echoed in her head.

"Mom! I've been accepted in the Academy! I have just received their letter!"

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 5



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 5

“What?” That wasn’t directed to her, it wasn’t anything she knew.

Then, more voices added themselves.

“Really? It’s a bit unusual, isn’t it a school meant only for men?”

“It is!” the voice replied *“and yet I’ve been accepted, isn’t it great?”*

Desks and shelves full of books started appearing one by one around Anne.

“Oh, so that’s where I am” she thought “But I wasn’t talking to anyone, was I..?”

The area kept changing, doors appeared, hallways and more and more bookshelves.

“Wait, so is there a woman in a school meant only for men? Where is she then?”

Anne looked around, trying to find the source of those voices, until her eyes landed on a female figure and she could guess it, even though she was not able to distinguish her face. Anne somehow felt the need to follow that figure, not only to find out who she was, but also because she had a weird feeling about it, maybe she had found some answers, maybe even the *fifth rule*.

LOOKING FOR THE HAPPINESS FORMULA CHAPTER 5

But Anne quickly realized that the closer she got to the woman, the further away she felt her presence.

"Honey, you know I'm happy that you got accepted, but isn't it a bit risky? I mean, there's a reason why that is a school only for men, you know?" the other voice questioned

"Yeah, I know, but I also know that this is what I really want to do. An unfair and discriminatory rule isn't going to change my mind". the female figure objected

"Well, way to go, girl!" Anne said "These thoughts aren't mine, they sound more like memories, is it what they are? Memories? Whose memories are they?"

"Okay, too many questions, maybe I should just keep listening". And so she did, while she kept on following the figure.

Anne was puzzled :*"Maybe these memories are hers. I mean, she's the only woman in here, in an Academy full of men, could it be her..? Who could she be?"*

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 5



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 5

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“Ah, I’m sorry, I’m late for the Happiness reunion, but I had to study so much, they don’t take into account the fact that you are a woman here” the figure’s voice protested

“I’m sure they don’t, Blue Dove!” said another voice *“but you’re the personification of determination, that’s what we fight for, to be equal”*

Anne immediately gasped and stopped, the word “equal” was still echoing in her head.

Anne now had realized that the figure was one of them, that this woman should have been part of the *Happiness Reunion!* But “Wait!” she wondered “if she is one of them, consequently, there must be something about her in the diary. Right?”

Anne started looking around for the diary, eager to find out more about this woman, but she remembered that she had left it in the other room, before entering the wooden door.

She was about to panic, realizing that she didn't know how to get back, but then...the friendly voice reassured Anne.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 5

“Sweetheart, calm down, there's no need to worry” “Do you like this place? I really do, I fought a lot to get accepted, and it was completely worth it, do you know how many things I have learnt? The human body is amazing, it's much more than what we think. Our brains work in such ways that we cannot even comprehend, but still people go on thinking that they can decide if he or she are worthy of an education, a job, a life, or if not” the voice continued and Anne definitely knew that it came from the woman “Isn't that wondrous and mysterious?” said the voice

Still surprised, Anne spoke to the woman “Are those still memories? Are you actually talking to me, Madame?”.

“Yes I am, girl! I also have something that is yours, now! let me take it for you” said the figure looking into the bag she was carrying, until she pulled out an old diary and gave it to Anne.

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 5



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 5

“The diary!” Anne exclaimed. She went and grabbed it, but as soon as she touched it, a bright light flashed and she woke up in the room where she had been before.

Anne stood up, brushing away dust from her clothes with her hand, still feeling a little dazed but soon regaining lucidity; she looked around searching for the diary, only to find it on the floor and with a new, sky blue bookmark coming out from its side.

She picked it up and opened it on the marked page and found an entry from *BlueDove*.

August 6th, 1938 was the date.

As soon as Anne read the name of the person who had written the entry, the dream of the hallway came back to her mind, and she quickly scanned the room, looking for the wooden door, but she only found out that it had disappeared. How could that happen? The silver lock and the key were still there, on the floor!

She walked over to them and picked them up, shoving them into her pocket, directing her attention back to the open diary in her hand.

Anne read out loud:

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 5

"Dear Reunion diary,

I know that personal entries aren't really supposed to be written here, but I just want to write down something to bear witness to the Academy. of what I have to face.

Everyone I talk to, about my being a woman studying in a male school, either doesn't care, or answers that it is exactly what I wanted to do and that I should shut up and simply be happy for the fact that I've been accepted. First of all my parents.

Now, I 'm not complaining because, I knew what I was getting myself into, but I just think that what they say to me is unfair.

Why should a school be only for men? What is the difference? Why can some people follow their dreams while others can't?

Why can some people take a life and an education for granted while others can't?

I'm truly happy that I got accepted, but should I have been? Is it something so unusual to be noticed and celebrated? Surely not.

Everyday I'm facing prejudices, people telling me that I should just stop doing what I'm doing and go back to the house works.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 5

Now, I want to claim that every woman should do what she wants to do,

Should we be forced to be housewives? Why is being an housewife is seen as a lesser and degrading role that only women should do?

I'll never understand it.

And this is what we're going to change.”

And, right under this complaint, the fifth rule was written in blue ink:

“We shall not be stopped by prejudices, and we shall always follow our dreams, peacefully fighting against them; we know that every woman, every person is equal to the other, and we shall never judge someone on the base of their sex, age, social status, religion, beliefs, as we expect everyone to do”.

Madam Levi Montalcini's, the Italian Nobel prize for Medicine in 1986?

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 6

CHAPTER 6:
TURKEY
Written by



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 6

Anne stood up and glanced at the diary. Helena Westermarck –the White Bird-, Emilia Pardo Bazan –the Black Cat- and other attendants of Secret Happiness Reunion came to her mind and she felt the power; the power that enabled the women to speak; the power that led a woman to a school which only accepted boys. I felt that spirit and stepped to the stage.

“I was a girl named Anne Naranjo who only was able to speak to Mademoiselle Soler, my French teacher, in a place where everyone was speaking only Spanish, but then I got lost and the past of equality found me. I was looking for rules and brave women who made me have courage to get on the stage.”

LOOKING FOR THE HAPPINESS FORMULA CHAPTER 6

“We do not know the names of all heroes, all women that rode me to this position. But after this journey I realized that their aim was not to make us remember their names but to make us understand their story was just a part of our novel.”

“I believe there are lots of women who deserve to be here and tell their own story. Let’s say I was lucky to have best teachers in the world. After attending the Happiness Reunion and meeting Madam Levi Montalcini, I could not find anything for three days.”



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 6

“Three days... I have been looking for some new evidence for three days, and nothing new appeared. I was asking myself how it all had started again and again. I was lost in Badajoz and found myself in the rebellion of equality for women. Madame Molina from Seneca Street (or should I say Adalina Naranjo or more specifically my great grandmother) said, “I want you to do something that we couldn’t do back in our times. I want you to change the reality for better.” I was charged with carrying the torch they had lightened. But another question appeared, “How?” I knew that learning rules and meeting these women was not enough. I was also supposed to step into action.”

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 6

“I learned the first rule in Badajoz. The first rule gave me the idea of a revolution based on peace.”

“Love and being loved is the biggest form to achieve equality. Not all the revolutions need riots and violence; we will succeed just with peace.”

“I followed the path. The white rabbit of my story was the diary and the White Bird, the Black Cat or the Red Fox governed me to two amazing women of Finland. Helena Westermarck and Minna Canth. Have I not only found their names but also learned the second rule.”

“The second rule: you cannot buy happiness. Greed is one the things that brings misery to the world. It makes people blind, whether it is about money, power or prestige. We should look after each other and learn how to share, not to gather everything for ourselves.”

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 6



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 6

Names and the rule slipped a golden key to me. A key to the crowded streets of Paris. I was in the middle of a place called Pigale and my counselor was Madame Molina. She led me to an old building full of men and women. Women and men with pseudonyms, I was similar to them. A speech was being delivered, a speech that says every woman deserves equality. At that moment I understood what my great grandmother was trying to tell when she gave me the mission to finish what they had started. Equality should shine like a sun over every continent and every city. The third rule found me in France.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 6

“Trust is the mother of sûreté, without sûreté no power is possible. Solidarity is the key women possess, the key opens the door to power.”

“Rules do not contain lots of words and do not create a trash of words. They were short, simple but powerful. Like the hopes our women had back in time. When I came back home I was so confused but what made me more confused was a picture. A picture of women smiling, but feeling some anxiety. Nothing was done, the struggle continued; but they WERE smiling because hope remained in their hearts no matter what. I found the fourth rule after that.”

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 6



Artson

Sarayburnu'nda İncili Köşk. İncili Villa at Sarayburnu Point.

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 6

“Courage is one of the best and most virtues. Without it you cannot practice any other virtue consistently. Strength and courage aren’t always measured in medals and victories. They are measured in the struggles they overcome. The strongest people aren’t always the people who win; they are the people who don’t give up when they lose.”

“I mentioned that I did not do anything for three days; but after those horrible three days, my telephone rang and I heard a female soft voice. But before telling you what happened after that call, I want to tell you what Levi Montalcini and that day taught me. The fifth lesson...”

“We shall not be stopped by prejudices and we shall always follow our dreams, peacefully fighting against them; we know that every woman, every person is equal to the other, and we shall never judge someone on the base of their sex, age, social status, religion, beliefs as we expect everyone to do.”

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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 6

“The call was from Leymah Gbowee, a Nobel peace prize winner. She said she knew me and she invited me to a meeting in Istanbul, in another world, in Turkey. I felt like my heart was pumping outside my body. My mother said she could join me on my journey and together with my mom and Leymah Gbowee, I got on a plane headed to Istanbul. I think that moment of my life will always make me smile. We came to Istanbul, to the meeting of Turkish Win. The meeting was inside of a tall building packed with women. A group came towards to us. Seven young women smiled at me and introduced themselves: Judith Ciberman, the bravest storyteller I have ever met; Laura Boushnak, the photographer of brave women. Marley, a singer with a powerful motto “*Feeling helpless? Help someone.*” Ahu Serter, a Turkish entrepreneur who stands for women entrepreneurs.

LOOKING FOR THE HAPPINESS FORMULA
CHAPTER 6



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LOOKING FOR THE HAPPINESS FORMULA CHAPTER 6

“They also were a part of journey, like me. They had diaries with them, and beside the ones I had, they added two new rules to the list. Integrity is the strongest weapon we have in this war for equality. Never forget that if we cannot be gathered at a point by ourselves, we will be easily dispersed to the different corners even with a small flap.”

“Popular is not always right and good. Sometimes, the secret formula of happiness is to listen to the voice of your heart.”

“You may think that this is the end of my journey but this is wrong. My journey has become ours. They had fired a torch; what we must do now is to burn discrimination away. What we had found was not only a diary: it was history and what we are going to write is not only a journey but the bright future of women and humanity.”

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LOOKING FOR THE HAPPINESS
FORMULA

**ALTERNATIVE
ENDING**

WRITTEN BY
NATALIA
SEGIET
(POLAND)

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

Anne sighed. Those words were so beautiful, meaningful. They included bravery and passion to do something more than just live through your life day by day. And the belief, that in the end, it's not the years in one's life that count - it's the life in one's years.

Being overwhelmed she let one tear slide down her cheek and smudge the dried ink in the diary. That's when a light blue light appeared out of nowhere showing a red envelope with a big six written on it. She quickly opened the paper with force almost ripping it apart in the process. With hands shaking from emotions Anne started to read:

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

“Tears are nothing to be ashamed of. It’s better to cry than to be angry, because anger hurts others while tears flow silently through the soul and cleanse the heart. Tears are how our heart speaks when our lips cannot describe how much we’ve been hurt. The pain makes you stronger. Tears makes you braver. A broken heart makes you wiser... so be grateful, thank the past for a better future. Without making peace with yourself, you cannot move on and you are not able to change.”

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

“How could they be so selfless? Why... They gave up so much...” – Anne’s thoughts were spinning. She hurried outside and slammed the front door. Walking down the path she was holding back her tears. Looking around, she saw an astonishing park, which she had visited with her father during the day after they arrival, before he got held up with a job.

Walking down the path she recognized some plants, she had learned about during biology lessons, heard children laughing and screaming. When she spotted an empty bench, she decided to sit and think over the whole situation with Madame Molina, the rules and the diary.

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

Singing birds and laughing people seemed to be the best therapy, sounded like the world's best orchestra.

“Is this seat free?” a voice ripped Anne from her small world.

“Yes, of course.... Wait, have just spoken French?” asked astonished girl. Apart from her family and her teacher, she had never heard anybody speaking French here. She looked up just to see an elderly lady with a big smile plastered on her face. Wrinkles near her eyes and on her forehead made her even more trustworthy and were showing the kindness of her heart .

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

The lady seated herself and took out an old paper bag with fodder for birds. Just as she opened it, one, small dove flew to them and looked at them meaningfully.

“That’s my favorite one, his name is Max” said lady ignoring the girls question.

“And why is that?” asked the girl, she had forgotten about Madame Molina, her rules and all those memories and emotions poured into diary.

“Well.. it is not the strongest nor the biggest, but the most loyal of them all. He is waiting for me every day and seems to be brightening up whenever he sees me”

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

“But that’s just because he knows that you give him food and he will not have to fight for it with the other” Anne said with audible doubt in the voice. For her the relationship between the lady and the bird was simply a business, without any emotional background. He simply welcomed her to get something to eat. The elderly lady smiled and said:

“ At some point it is, but have you ever seen a pigeon letting someone pet it?... No? Then look.” Lady spoke and raised her hand high. The bird immediately rose from the ground and flew to her hand. Seated itself comfortably and waited for the other hand to start petting it and acting as any normal cat or dog would do – rubbing his head into hand for more.

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

“You see? I tamed him, so now I’m responsible for him. Same goes with people. If you teach them something new, you start to be responsible for their actions at some point. And with you, if you learn something world-changing, your duty is to share it with others and make our planet better” lady sighed “That’s why I spent my whole life as a teacher in Africa and many other developing countries. I wanted to teach those people not to be mirrors, but windows, to open their minds and let them show how talented they really are”

“So that’s why she is speaking French” Anne thought, getting the answer from before.

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

They sat in silence for a long time. Neither of them dared nor wanted to end it. Just as the sun started to go down, the elderly lady decided it was time to go.

“I hope, my speech helped you a little with your problems... and by the way good luck with that diary. Madame Molina must really believe in you, if she had given it to you...” she said and started to get up in accompany of audible cracking of bones.

“What... How... How did you know?” Anne stuttered.

“My dear I’m the daughter of one of the founders of this diary. Madame Molina was my favorite aunt. After they had been discovered and discredited my mom helped to hide it until the right girl arrives, ready to handle both the knowledge and the responsibility... You know I’ve always dreamed to be the one, but after my mom was murdered, ... I wanted.. I wanted to never see that ... thing, again.”

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

Both women had teary eyes, but the lady continued “ But I’m happy, that it has found its owner. I truly hope you will complete their mission. Remember, never feel as if you were the wrong person. The diary has chosen you. Don’t feel sorry for your ancestors, be grateful for their lesson and don’t let it happen again.” The lady stood up and silently walked down the path followed by her little friends.

Anne was overwhelmed even more after the meeting. On one hand she felt the need to do something, but on the other she was painfully aware of her loneliness and at the same time of her power. She stood up. Took the diary, the rules and followed the lady’s steps. Unfortunately she couldn’t see her.

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

Anne felt a strange heat coming from the diary. She opened it and saw the last missing element of the story. Just as she was trying to get hold of it, a strong wind came out of nowhere and took it. She started chasing it. She was so focused, that she completely forgot about the busy road at the end of the park. She saw no red light nor the car horn. She got hit. Pages of the diary went flying but none of that mattered for people rescuing Anne.

She felt as if she didn't belong to this world anymore. The pain went away . It was just the darkness surrounding her now.

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

Epilogue:

6 years later.

Anne was walking around the tables. She saw workers were smiling at her and giving her new hope, new motivation to work and to deal with her opponents. Finally, she got to the elevator. Clicked the downstairs button and stepped inside. She just wanted to disconnect herself.

As the sun was shining on the cloudless sky, she went to meet her friends. Yes, she had friends, and on top of it, the true ones.

A beautiful wooden coffeeshouse with multiple tables, chairs and atmosphere that made you feel like home. She sat and ordered her favorite coffee, remembering how she had met three of her best friends.

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LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

She woke up in hospital. Her whole body hurt. She felt awful not just because of the accident, but also because she had lost the diary.

“Hey! Glad you are with us” said a girl from a bed beside “My name is Yolanda. You were unconscious for two days”.

“Hey! My name is Anne... do you know if they brought my things with me?” asked the girl with some hope in her voice.

“Yes, they placed the book and envelopes with some numbers on the shelf above you”.

“Oh.. thanks” said the girl with a relief.

“We look about the same age.. where are you going to study next year?”

A decorative border with intricate floral and scrollwork patterns in a light green color, framing the central text. The border is symmetrical and features a central floral motif at the top and bottom.

LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

And with that simple question, their friendship started. After some time Yolanda introduced Anne to her friends and they have become inseparable. Even after many years, they felt like sisters and their bond was strong.

Four years after the accident Anne and Yolanda founded a foundation dedicated to women, but also educating every person who wanted to listen to them. Promoting equality and human values, they became the world known organization and made changes for better. Yolanda knew the story of the diary and wanted to help as much as she could. Although Anne has never found the last rule, they built their work on the six rules, but have left a space for one more, if they ever managed to find it.

A decorative border with intricate floral and scrollwork patterns in a light green color, framing the central text area.

LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

Engrossed in thoughts Anne hasn't heard anyone approaching. Just as someone sat beside her, she jumped.

"Hello Anne," said a familiar looking Lady with a twinkle of mischief in her eyes.

"Madame Molina?" asked the girl not believing her eyes, because Madame looked exactly the same, as during their first meeting.

"You are correct. I only came to give you this ... and congratulate you. I knew, I was right. Good luck"

She left a white envelope with gold seven on it and hurriedly went outside.

A decorative border with intricate floral and scrollwork patterns in a light green color, framing the central text area.

LOOKING FOR THE HAPPINESS FORMULA ALTERNATIVE ENDING

“Wait..” shouted Anne recovering from the shock, she searched for her old friend, but she was nowhere to be found.

With shaking hands she did something, that happened only six times all those years before. It looked as if the missing place was to be filled. Finally the last piece of jigsaw made an appearance. She ripped the paper and saw a golden inscription:

A decorative border with intricate floral and scrollwork patterns in a light green color, framing the central text. The border is wider at the top and bottom, tapering towards the sides.

LOOKING FOR THE HAPPINESS FORMULA
ALTERNATIVE ENDING

“Education is the most powerful weapon which you can use to change the world and provide equality. Turning mirrors into windows. Teaching that we must never forget that the highest appreciation is not to utter words, but to live by them.”

The end

LOOKING FOR THE HAPPINESS FORMULA



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