

Message from the President



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Society Of Cardiology
Years 2016-2017

A happy 2017, for nothing!

We are starting 2017.

In this period, we usually take stock of the past year and set our resolutions for 2017.

We usually wish each other lots of health, happiness, success and peace.

This year, I would like to do something different, paraphrasing Brazilian writer Marta Medeiros, wishing you a Happy 2017, for nothing.

In an article published in 2010*, Marta says that we are always looking for a reason to be happy, a “why”: projects completed, articles published, debts paid, travel plans, a new love, etc. But this is such a high price to be happy!

And she adds: “those who are committed to happiness and try to relativize the daily annoyances are happy. Those who are not very jolly and ‘accomplished’ are also happy, because happiness is calmness, awareness, the talent to put up with the inevitable, to get something out of the unexpected.”



Be happy for nothing!

I wish this to be one of our goals for 2017.

** Feliz por nada, Marta Medeiros, L&PM editores, 2011. Compilation of articles published on the newspapers Zero Hora and O Globo.*