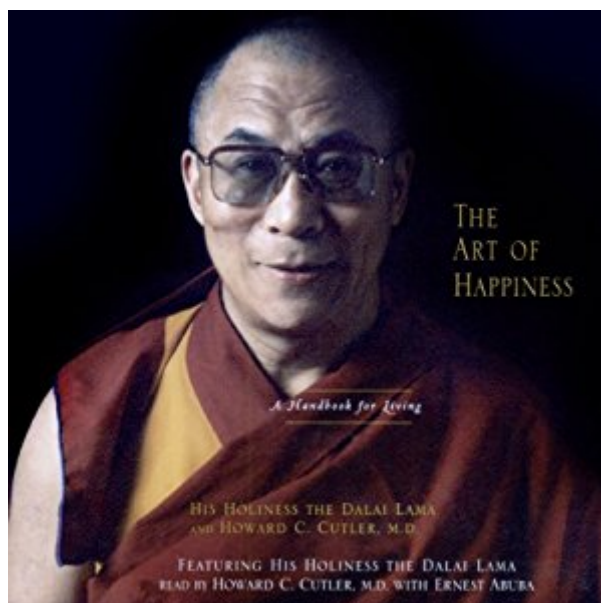


The book was found

The Art Of Happiness



Synopsis

Nearly every time you see him, he's laughing, or at least he's smiling. And he makes everyone else around him feel like smiling. He's the Dalai Lama, the spiritual and temporal leader of Tibet, the Nobel Prize winner, and increasingly popular speaker and statesman. Why is he so popular? Even after spending just a few minutes in his presence you can't help feeling just a little bit happier. The Dalai Lama is probably one of the only people in the world who if you ask him if he's happy, even though he's suffered the loss of his country, will give you an unconditional "yes." What's more, he'll tell you that happiness is the purpose of life, and that "the very motion of our life is towards happiness." How to get there has always been the question. He's tried to answer it before, but he's never had the help of a psychiatrist to get the message across in a context we can easily understand. Through meditations, stories and the meeting of Buddhism and psychology, the Dalai Lama shows us how to defeat day-to-day depression, anxiety, anger, jealousy, or just an ordinary bad mood. He discusses relationships, health, family, work, and spirituality to show us how to ride through life's obstacles on a deep and abiding source of inner peace. Based on 2500 years of Buddhist meditations mixed with a healthy dose of common sense, The Art of Happiness is an audiobook that crosses the boundaries of all traditions to help listeners with the difficulties common to all human beings. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 3 hours 19 minutes

Program Type: Audiobook

Version: Abridged

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Customer Reviews

This book changed my life when I first read it in 2009. I was depressed and negative from some difficult life events and stuck that way, losing all sense of self. Reading this was hard work. I focused

on everything very hard, took notes, self-reflected, and was determined to practice compassion and understanding. I paid attention to my thought patterns and weeded out the negative thoughts and changed them to positive ones. I have always had a temper so when I feel myself giving into it, I read the chapter on anger and find my control again. It's amazing and I'd recommend it to anyone who is willing to dedicate themselves to change and read it with an open mind. Anyone from any religion can use and appreciate it, including atheists. It's a way of living every day.

Absolutely beautiful, psychologically and spiritually helpful. I will be rereading this book after I read a few others just for a refresher, it brings to life things we already know but the beliefs and ideas are covered up by all the worldly baggage we learn along the way. It makes me feel like a better person putting things into practice in my daily life, addressed by this great read. I'd just like to thank the work put into this for the greater good. I just wish I could help.

Very interesting read, learned so much. Even things I knew was a good reminder to read. I feel like this is changing my outlook on life and has made me happier throughout the day. Thank you so much for this experience.

I like the author's take on daily living.

While I very much enjoyed and found the Dalai Lama's words and demeanor nurturing many of the spaces between where the interviewer expounded his own perceptions and education unnecessary and mostly superfluous. I generally had many ah-ha type of moments while digesting the beautiful nature of his Holiness' beliefs and understandings, and was also quite surprised by his openness and acceptance of others and their belief systems. A truly inspirational individual.

Nicely written. Kept me interested and easy enough to read that it was truly thought provoking. Helped me to understand, learn and incorporate practicing meditation in my daily life. Especially helpful for me to understand the practices and cultures as I traveled through SE Asia for 4 months.

very insightful about how to be happy as you go through life, by a man who has had many reasons to be unhappy and has managed to be a light to the modern world with his ancient wisdom. Tashi Dalet.

Like the book.. has a lot of great principles and ideas but it doesn't give you any concise list of activities, imagery etc.. that you can use on a day to day basis for improving your Happiness. You would have to read the book... make notes and or highlight things.. then go back to review that. Other books have that with exercises in the back of each chapter, making them more practical and useful.

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