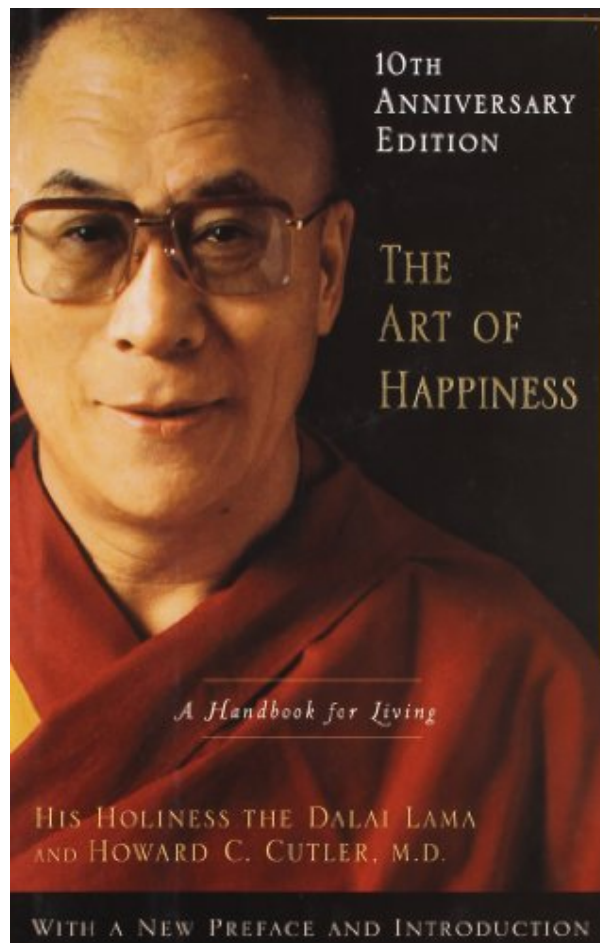
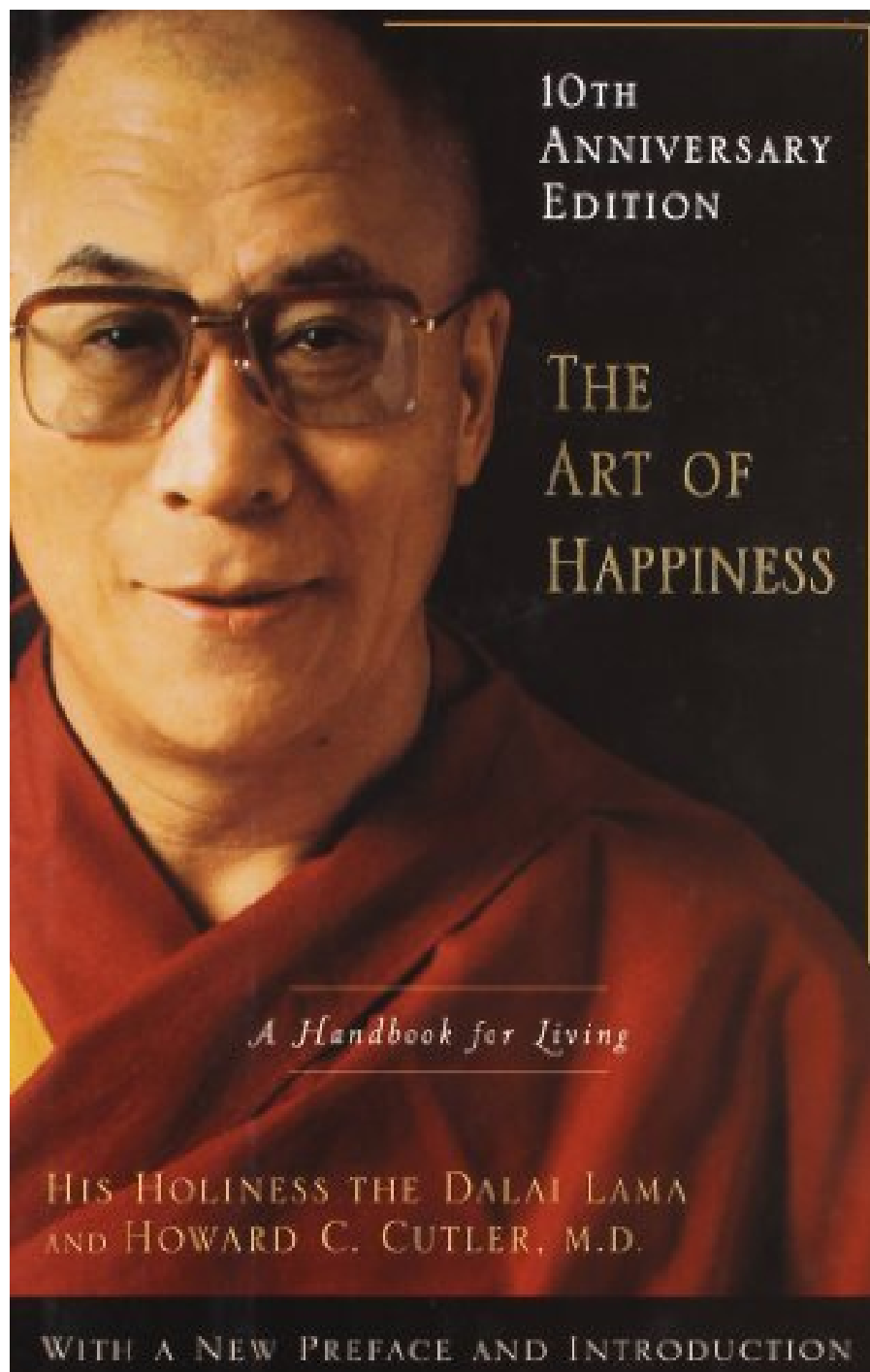


THE ART OF HAPPINESS, 10TH ANNIVERSARY EDITION: A HANDBOOK FOR LIVING BY DALAI LAMA



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Amazon.com Review

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From Library Journal

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From Booklist

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An updated edition of a beloved classic, the original book on happiness, with new material from His Holiness the Dalai Lama and Dr. Howard Cutler.

Nearly every time you see him, he's laughing, or at least smiling. And he makes everyone else around him feel like smiling. He's the Dalai Lama, the spiritual and temporal leader of Tibet, a Nobel Prize winner, and a hugely sought-after speaker and statesman. Why is he so popular? Even after spending only a few minutes in his presence you can't help feeling happier.

If you ask him if he's happy, even though he's suffered the loss of his country, the Dalai Lama 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 toward 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.

The Art of Happiness is the book that started the genre of happiness books, and it remains the cornerstone of the field of positive psychology.

Through conversations, stories, and meditations, the Dalai Lama shows us how to defeat day-to-day anxiety, insecurity, anger, and discouragement. Together with Dr. Howard Cutler, he explores many facets of everyday life, including relationships, loss, and the pursuit of wealth, to illustrate how to ride through life's obstacles on a deep and abiding source of inner peace. Based on 2,500 years of Buddhist meditations mixed with a healthy dose of common sense, The Art of Happiness is a book that crosses the boundaries of traditions to help readers with difficulties common to all human beings. After being in print for ten years, this book has touched countless lives and uplifted spirits around the world.

- Sales Rank: #7478 in Books
- Brand: Brand: Riverhead
- Published on: 2009-10-01
- Released on: 2009-10-01
- Original language: English
- Number of items: 1
- Dimensions: 8.52" h x 1.15" w x 5.75" l, 1.13 pounds
- Binding: Hardcover
- 352 pages

Features

- Used Book in Good Condition

Amazon.com Review

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Most helpful customer reviews

14 of 14 people found the following review helpful.

Most important book in my life

By Amazon Customer

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-reflects, and was determined to practice compassion and understanding. I payed 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.

2 of 2 people found the following review helpful.

If You Are Looking to Make a Positive Shift in Your Consciousness, This Book Can Help!

By O. Tuchin

This is a wonderful book that quickly and effectively helped me to look deeper inside to check my moral compass and how I am choosing to live this life. The lessons by the Dalai Lama are simple yet impactful. They make sense at an intrinsic level, but then I go about life realizing the commitments can be difficult to adhere to given the hardwiring we've gone through over our lives. But with practice and intention, I believe the pointers given out by the Dalai Lama can help one to find happiness in this life. The happiness is concerning being comfortable in your own skin and helping the world be a better place. As we learn to let go of our individual wants, and focus on universal needs, a positive change in our minds and hearts results.

I took off one star because I was not as impressed with the author's stories. I was eating up all of the Dalai Lama's speeches, but the author's lacked the same level of grand wisdom in my opinion, and I found myself eager for getting to the next passages about the Dalai Lama.

6 of 6 people found the following review helpful.

Too much talking by the author

By Artist ABS

I bought this book to understand the overall concepts that the Dalai Lama has to teach, however, most of the book was dialogue by the author. Basically skipped over many of these examples and tried to pick out the references by the Dalai Lama. These quotes did provide great teachings to live by daily, just wished there would have been more by The Master, and less by the author. Next book I will make sure it is authentic Dalai Lama.

See all 757 customer reviews...

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