

The Art of Happiness: A Handbook for Living



Nearly every time you see him, hes laughing, or at least hes smiling. And he makes everyone else around him feel like smiling. Hes 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 cant 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 hes happy, even though hes suffered the loss of his country, will give you an unconditional yes. Whats more, hell tell you that happiness is the purpose of life, and that the very motion of our life is towards happiness. How to get them has always been the question. Hes tried to answer it before, but hes 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 lifes 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.

Editorial Reviews. Review. Have you ever wondered what it would be like to sit down with the Dalai Lama and really press him about lifes THE ART OF HAPPINESS A handbook for living [DalaiCutler, Howard C. Lama] on . *FREE* shipping on qualifying offers. Buy The Art of Happiness: A Handbook for Living by His Holiness the Dalai Lama (ISBN: 8601400147016) from Amazons Book Store. Everyday low prices and I decided to read this book because Ive always been interested in the Dalai Lama. I really thought The Art of Happiness would be more focused on The NOOK Book (eBook) of the The Art of Happiness, 10th Anniversary Edition: A Handbook for Living by Dalai Lama at Barnes & Noble. The Art of Happiness: A Handbook for Living (Audio Download): : The Dalai Lama, Howard C. Cutler, Kris

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