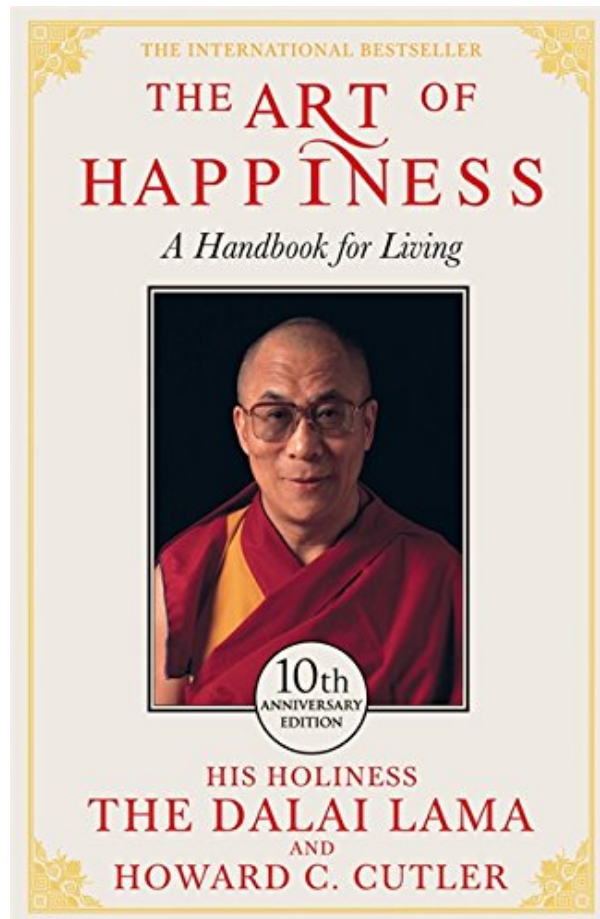
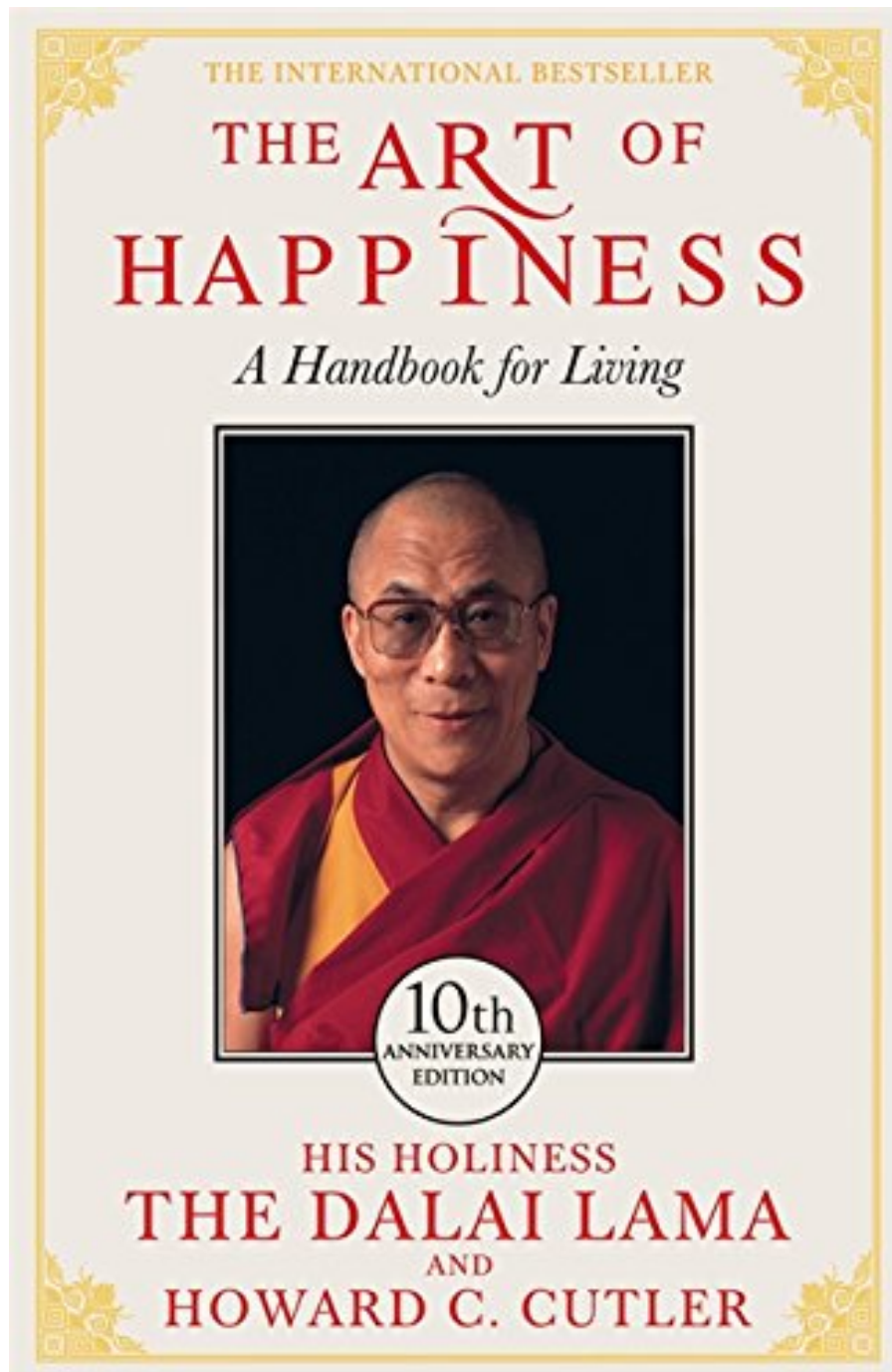


THE ART OF HAPPINESS: A HANDBOOK FOR LIVING BY DALAI LAMA



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Amazon.com Review

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THE ART OF HAPPINESS: A HANDBOOK FOR LIVING BY DALAI LAMA PDF

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 them 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.

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53 of 54 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-reflected, 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.

Amazing

By Jeffrey

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.

0 of 0 people found the following review helpful.

This book will help you become happier!

By Yari Garcia

This book will forever be one of my favorites. The Dalai Lama's wisdom is clear, simple, and practical. He addresses many issues that we all face in daily life. Following his wisdom, you can eliminate any self-sabotage and self-created annoyances in life~ really! His wisdom also allows you to cope with the suffering that we all inevitably experience in life.

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