

Art Of Happiness A Handbook For Living

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The Art of Happiness: A Handbook for Living was co-authored by psychiatrist Howard Cutler, who posed questions to the Dalai Lama over the series of many interviews. Cutler provides the setting and context for their meetings and also incorporates his own reflections on the issues raised in their discussions.

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The Art of Happiness: A Handbook for Living. by. Dalai Lama XIV. 4.80 · Rating details · 10 ratings · 0 reviews. Available for the first time in trade paperback, the multi-million copy bestselling guide to happiness from His Holiness the Dalai Lama. Nearly every time you see him, he's laughing, or at least smiling.

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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.

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The Art of Happiness: A Handbook for Living Summary Part 1: The Purpose of Life. Chapter 1: The Right to happiness. Here author says that the main purpose of every individual is to seek happiness, whether person believes in religion or no matter what religion people follow everyone wants good and better life for themselves, everyone is seeking something better in life, so Dalai Lama says that the very motion of our life is towards happiness, IN this chapter Dalai Lama spoke about what ...

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Dalai Lama believes in fundamental goodness in all human beings, in the value of compassion and kindness, and a sense of commonality among all living creatures. Happiness is determined more by one's state of mind than by external events. Excessive desire leads to greed, which leads to frustration, disappointment, problems and unhappiness.

~~The Art of Happiness by Dalai Lama XIV—Goodreads~~

The Art of Happiness is a highly accessible guide for a western audience, combining the Dalai Lama's eastern spiritual tradition with Dr Howard C. Cutler's western perspective.

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The groundbreaking first volume, The Art of Happiness: A Handbook for Living, appeared on the New York Times bestseller list for ninety-seven weeks.

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~~Amazon.com: Customer reviews: The Art of Happiness: A ...~~

The Art of Happiness (Riverhead, 1998, ISBN 1-57322-111-2) is a book by the 14th Dalai Lama and Howard Cutler, a psychiatrist who posed questions to the Dalai Lama. Cutler quotes the Dalai Lama at length, providing context and describing some details of the settings in which the interviews took place, as well as adding his own reflections on issues raised.

~~The Art of Happiness—Wikipedia~~

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.

~~The Art of Happiness: A Handbook for Living by Dalai Lama ...~~

Summary of "The Art of Happiness": Happiness is the purpose of all existence, so why not let ourselves be inspired by the reflections and practical advice of an unconditionally happy man, the Dalai Lama. By His Holiness the Dalai Lama and Howard Cutler, 1998, and 2009 (revised version) 296 pages

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