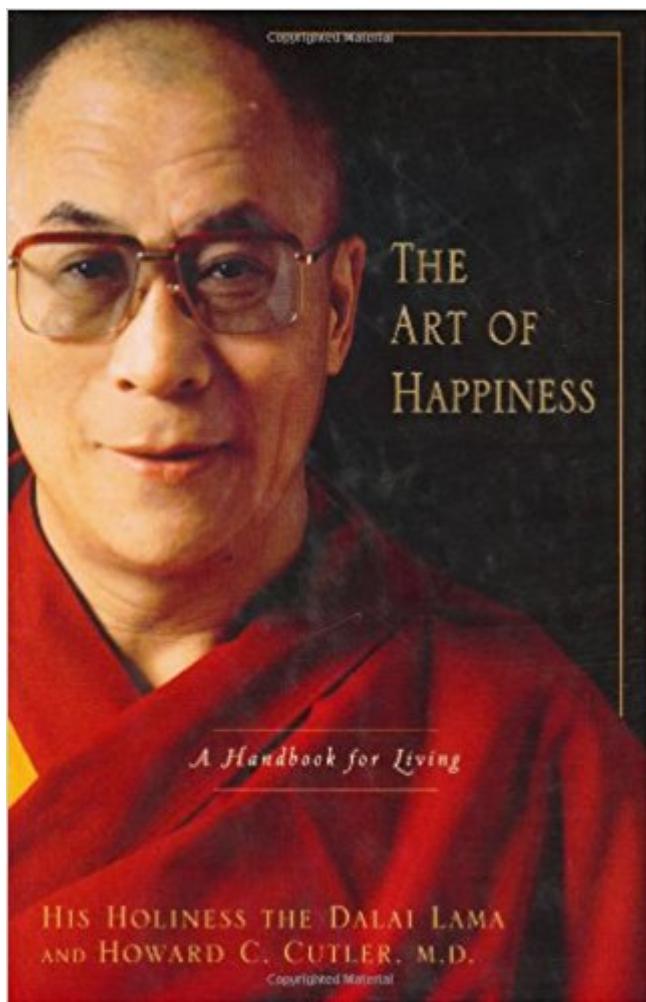


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# The Art Of Happiness: A Handbook For Living



## **Synopsis**

"Whether one believes in religion or not, whether one believes in this religion or that religion, the very purpose of our life is happiness, the very motion of our life is towards happiness." --H.H. the Dalai Lama, from *The Art of Happiness* So popular and so rarely understood, this Nobel Peace Prize winner and man of great inner peace brings to a general audience the key to a happy life. In collaboration with a Western psychiatrist, *The Art of Happiness* is the first inspirational book for a general audience by the Dalai Lama. 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, and work to show us 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* crosses the boundaries of all traditions to help readers with the difficulties common to all human beings.

## **Book Information**

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## **Customer Reviews**

Have you ever wondered what it would be like to sit down with the Dalai Lama and really press him about life's persistent questions? Why are so many people unhappy? How can I abjure loneliness? How can we reduce conflict? Is romantic love true love? Why do we suffer? How should we deal with unfairness and anger? How do you handle the death of a loved one? These are the conundrums that psychiatrist Howard Cutler poses to the Dalai Lama during an extended period of interviews in *The Art of Happiness: A Handbook for Living*. At first, the Dalai Lama's answers seem

simplistic, like a surface reading of Robert Fulghum: Ask yourself if you really need something; our enemies can be our teachers; compassion brings peace of mind. Cutler pushes: But some people do seem happy with lots of possessions; but "suffering is life" is so pessimistic; but going to extremes provides the zest in life; but what if I don't believe in karma? As the Dalai Lama's responses become more involved, a coherent philosophy takes shape. Cutler then develops the Dalai Lama's answers in the context of scientific studies and cases from his own practice, substantiating and elaborating on what he finds to be a revolutionary psychology. Like any art, the art of happiness requires study and practice--and the talent for it, the Dalai Lama assures us, is in our nature. --Brian Bruya

The Art of Happiness is read like an enchanting Indian tale by Howard Cutler and Ernest Abuba. Gyatso, His Holiness the Fourteenth Dalai Lama, is the spiritual and temporal leader of the Tibetan people. Cutler helps to blend psychology with the Dalai Lamas Buddhist meditations and stories. Gyatso talks about how to defeat depression, anxiety, anger, and jealousy through meditation. He discusses relationships, health, family, work, and spirituality and how to find inner peace while facing these struggles. His tireless efforts on behalf of human rights and world peace have brought him international recognition. He is the recipient of the Wallenberg Award (conferred by the U.S. Congressional Human Rights Foundation), the Albert Schweitzer Award, and the Nobel Peace Prize. Recommended for world religion collections.Ravonne A. Green, Virginia Polytechnic Inst. & State Univ., BlacksburgCopyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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.

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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