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*The Art of Happiness by the Dalai Lama | FINDING THE BLISS*

The Art of Happiness 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 book explores training the human outlook that alters perception. The concepts that the purpose of life is happiness, that happiness is determined more by the state of one's mi

*The Art of Happiness - Wikipedia*

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The Art of Happiness Happy people have it a lot better than unhappy people. Studies show you're more likely to pick up a better mate, more satisfying marriages, more likely to be a better parent, better immune system and live an extra 10 years. It also leads to better mental resilience and ability to deal with adversity or trauma.

*The Art of Happiness Summary - What You Will Learn*

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The Art of Happiness is not just a mere checklist of some suggested methods to which one should adhere in order to attain happiness. Rather, it is through a spiritual journey with the Dalai Lama that we learn how to live a fulfilling life by seeing his Buddhist and humanistic principles being applied to everyday problems and challenges.

*The Art of Happiness by Dalai Lama XIV - Goodreads*

According to its blurb, “The Art of Happiness” is “the book that started the genre of happiness books.” Currently in its 10th-anniversary edition, “it remains the cornerstone of the field of positive psychology.” When you think about it, anything else would have been all but a shock.



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*The Art of Happiness PDF Summary - Dalai Lama | 12min Blog*

October 3, 2020 / 0 Comments / in Novel / by faisal.

Download File. The art of happiness looks at happiness from two different perspectives of two different authors. First, a Western view of Howard Cutler, who is relatively anonymous outside the United States. And the Fourteenth Dalai Lama (Dalai here from within), a leader in Tibetan Buddhism and offering views from the East.

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Of the many Dalai Lama titles on sale, THE ART OF HAPPINESS - written with western psychiatrist Howard Cutler - is by far the biggest bestseller of them all. A huge

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international success, it has sold over 2 million copies worldwide

*The Art of Happiness at Work by Dalai Lama XIV*

The 14th Dalai Lama, in his book *The Art of Happiness*, calls this our “Buddha Nature”—our innate ability to find happiness, tranquility, and gentleness within. Gurudev Sri Sri Ravi Shankar, an enlightened master known as ‘The Guru of Joy’ and the creator of the world-renowned Happiness Program, says “I see happiness as our very nature.

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The art of happiness. Friday November 14, 2014. ... But also I find that faking happiness can lead to genuine happiness. When I act happy, those around me are more likely to feed off that and in return the happiness is perpetuated. Likewise, when I allow my negativity to flow, this impacts on those around me. ...

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*The art of happiness. Moodscope blog.*

From the authors who brought you the million-copy bestseller *The Art of Happiness* comes an exploration of job, career, and finding the ultimate happiness at work. Over the past several years, Howard Cutler has continued his conversations with the Dalai Lama, asking him the questions we all want answered about how to find happiness in the place we spend most of our time.

*The Art of Happiness at Work: Dalai Lama, Cutler, Howard C*

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