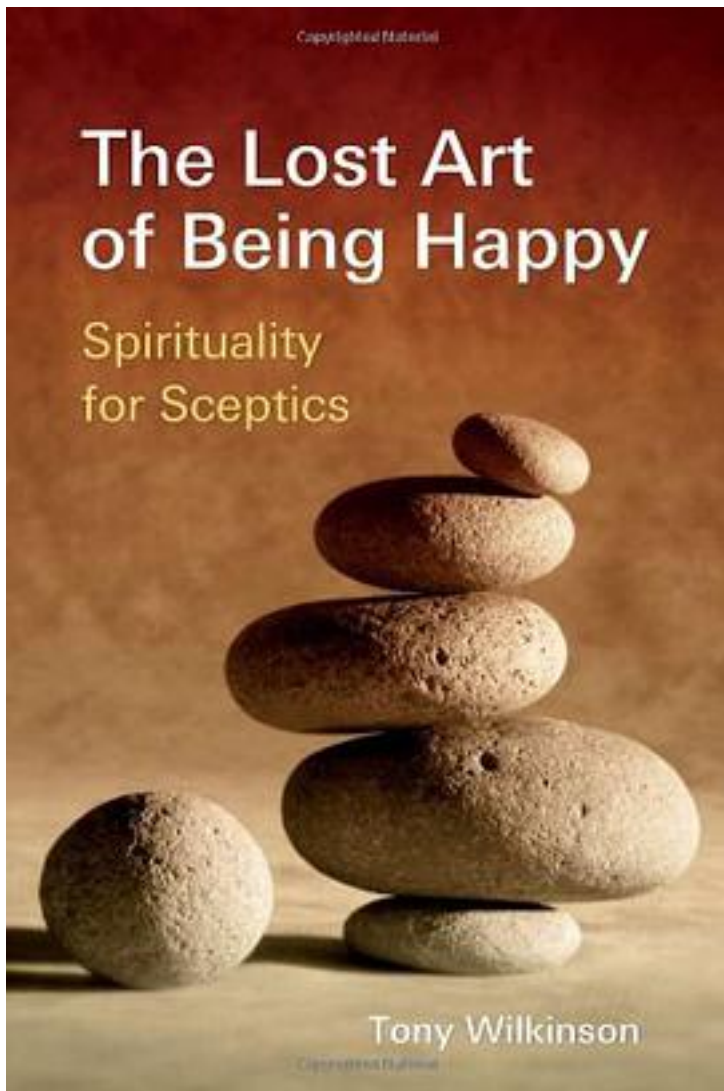


The Lost Art of Being Happy



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Arguing that spirituality is not about religion but about living happily, this guidebook offers advice on the skills of the inner life--the mind and emotions--that are needed for a life of gladness. This examination discusses the requirements for happiness, explores their nature, and shows that mastering a set of five of them leads to bliss. The exercises in this resource are offered to spiritual seekers as a path towards happiness and emphasize that personal elation is not caused by external events, but by mastering the skills of the inner life.

作者介绍:

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