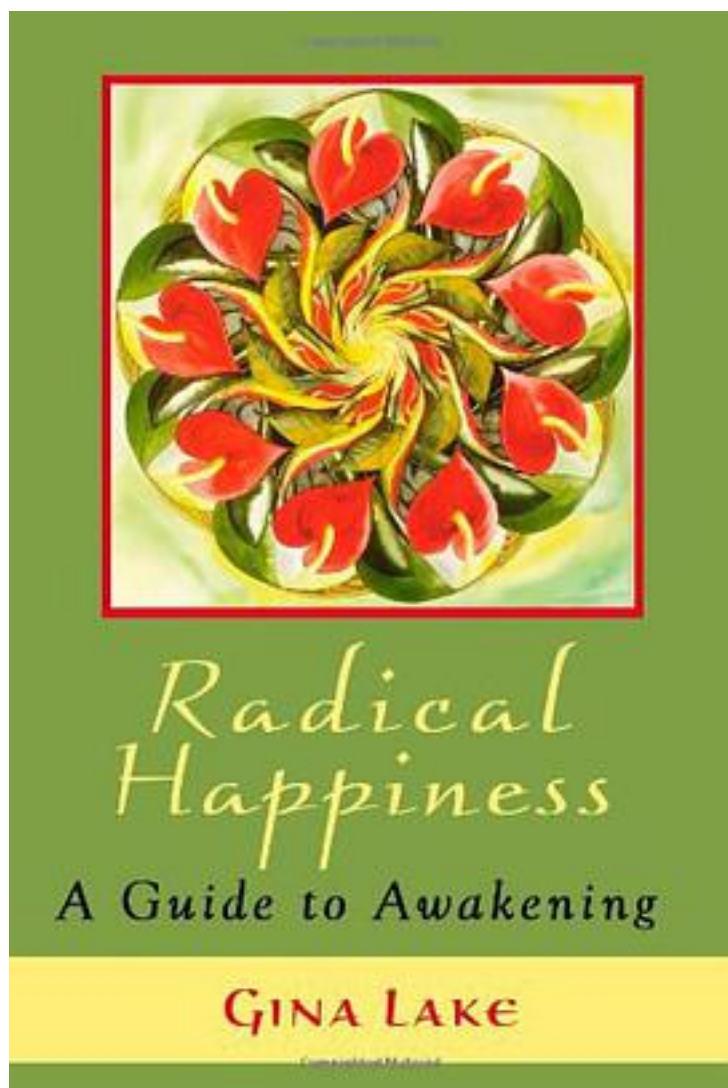


Radical Happiness



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Radical Happiness by Gina Lake is for seekers who are ready to be finders and anyone asking the question, Who am I really? It provides the keys to experiencing the happiness that is always present and not dependent on circumstances. This happiness doesn't come from getting what we want but from wanting what is here now. It comes from realizing that who we think we are, that is, who our thoughts tell us we are, is not who we really are. This is a radical perspective! True happiness comes from experiencing our true nature by being present in each moment. Radical Happiness describes the nature of the egoic state of consciousness and how it interferes with happiness, how to detach from the ego, what awakening and enlightenment are, and how to live in this world following awakening. Exercises are included to help you apply the information and transform your experience of life-and become happier!

作者介绍:

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书评

Those of you who have read 《Power of Now》, if you try this book you will feel the curve lifted all of a sudden. No more wandering on the Ego concept that leads to nowhere solid. This book just hit the button, and hit it hard. Clear & concise, an enlight...

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