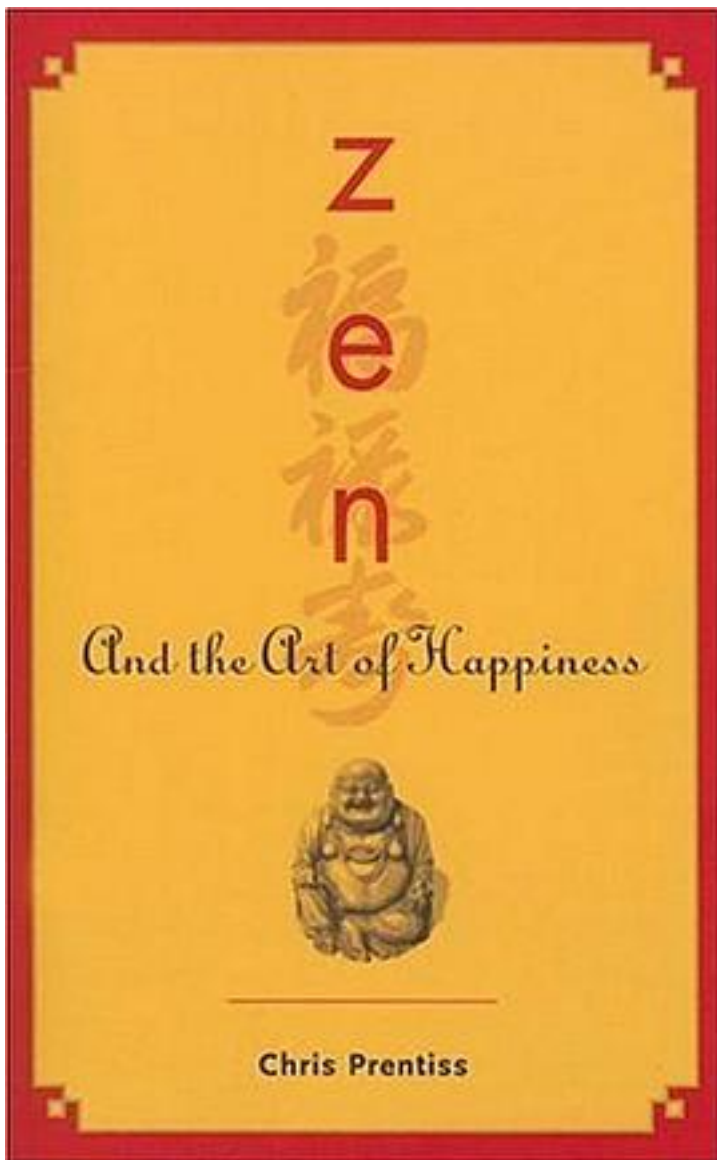


Zen And the Art of Happiness



[Zen And the Art of Happiness_ 下载链接1](#)

著者:Chris Prentiss

出版者:Power Pr

出版时间:2006-06-28

装帧:Paperback

isbn:9780943015538

1. Way -- 2. We Are the Authors of Every Next Moment -- 3. New Experience -- 4. Inner Road -- 5. Mindful Happiness -- 6. What's True in the Universe -- 7. Adapting to Change -- 8. Stress and Your Imagination -- 9. Healing Your Past -- 10. Language of the Universe.

Summary "Cutting-edge science and spirituality tell us that what we believe, think, and feel actually determine the makeup of our body at the cellular level. In Zen and the Art of Happiness, you will learn how to think and feel so that what you think and feel creates happiness and vibrancy in your life rather than gloominess or depression."

"You'll learn how to adapt to life's inevitable changes, how to deal with stress in a healthy way, and how to nurture a mindful happiness in your daily life. Most importantly, the gentle wisdom of Zen and the Art of Happiness will show you how to invite magnificent experiences into your life and create a personal philosophy that will sustain you through anything."

作者介绍:

目录:

[Zen And the Art of Happiness 下载链接1](#)

标签

心理学

英文原版

心理學

Your

Will

Violently

That

Shift

评论

“Everything that happens to me is the best possible thing that can happen to me.”

[Zen And the Art of Happiness_ 下载链接1](#)

书评

[Zen And the Art of Happiness_ 下载链接1](#)