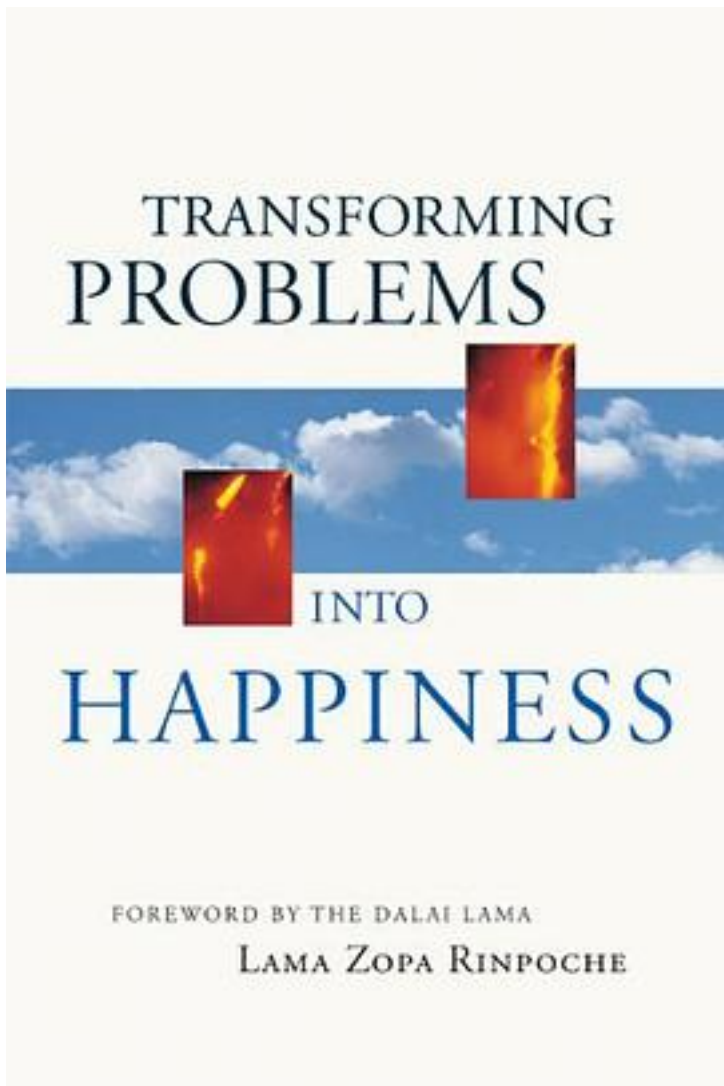


Transforming Problems into Happiness



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"Happiness and suffering are dependent upon your mind, upon your interpretation. They do not come from outside, from others. All of your happiness and all of your suffering are created by you, by your own mind," says Lama Zopa Rinpoche. Commenting on a 13th-century Tibetan text of instructions and practical advice for everyday spiritual living, Lama Zopa Rinpoche literally teaches us how to be happy when we are not, by bringing about the changes in attitude that permit us to live a happy and relaxed life in which external circumstances no longer rule us. In Transforming Problems Into Happiness, Lama Zopa Rinpoche brings his own special flavor or contemporary relevance to a timeless teaching on Buddhist psychology. This volume will be valuable to everyone, whatever their religious or spiritual background.

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