

# Happiness Is an Inside Job



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How can we stay engaged with life day after day? How can we continue to love—keep our minds in a happy mood—when life is complex and often challenging? These are questions that Sylvia Boorstein addresses in *Happiness Is an Inside Job*. In more than three decades of practice and teaching she has discovered that the secret to happiness lies in actively cultivating our connections with the world, with friends, family, colleagues—even those we may not know well. She shows us how mindfulness, concentration, and effort—three elements of the Buddhist path to wisdom—can lead us away from anger, anxiety, and confusion, and into calmness, clarity, and the joy of living in the present.

作者介绍:

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