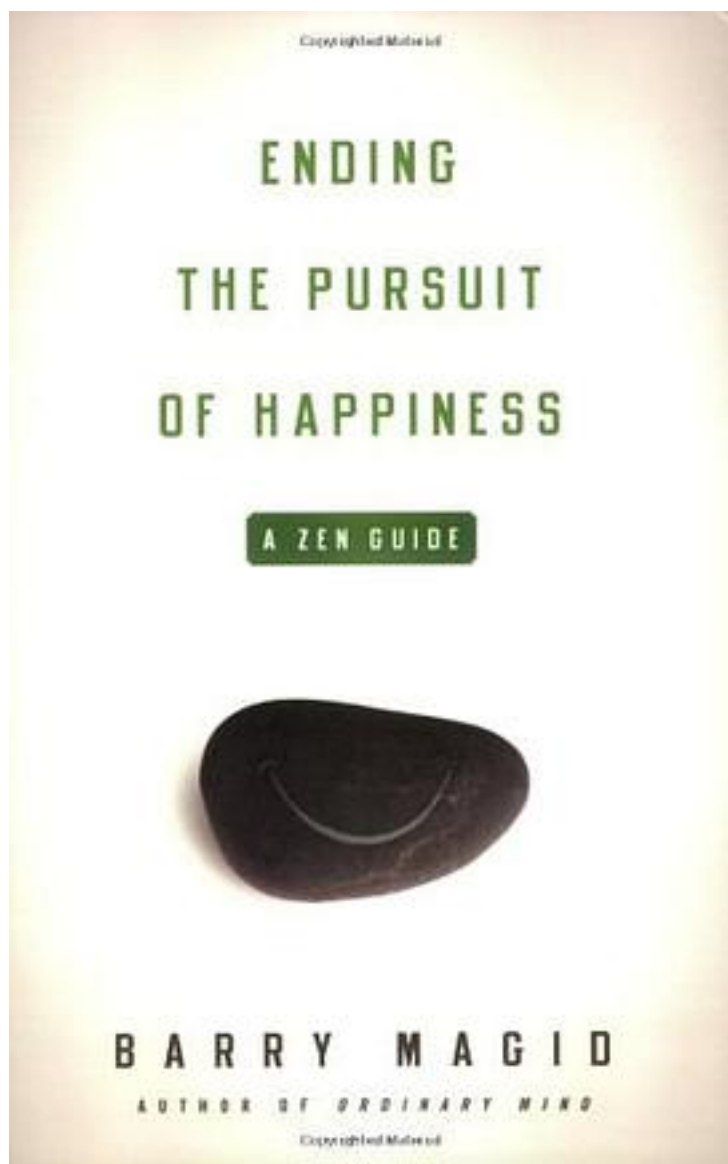


Ending the Pursuit of Happiness



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This new book from Zen teacher, psychiatrist, psychoanalyst, and critical favorite Barry Magid inspires us in wryly gentle prose to outgrow the impossible pursuit of happiness, and instead make peace with the perfection of the way things are. Including ourselves! Magid invites readers to consider the notion that our certainty that we are broken may be turning our pursuit of happiness” into a source of yet more suffering. He takes an unusual look at our secret practices” (what we’ re REALLY doing, when we say practicing”) and curative fantasies,” wherein we have ideals of what spiritual practices will do” for us, cure” us. In doing so, he helps us look squarely at such pitfalls of spiritual practice so that we can avoid them. Along the way, Magid lays out a rich roadmap of a new psychological-minded Zen,” which may be among the most important spiritual developments of the present-day.

作者介绍:

目录:

[Ending the Pursuit of Happiness_ 下载链接1](#)

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