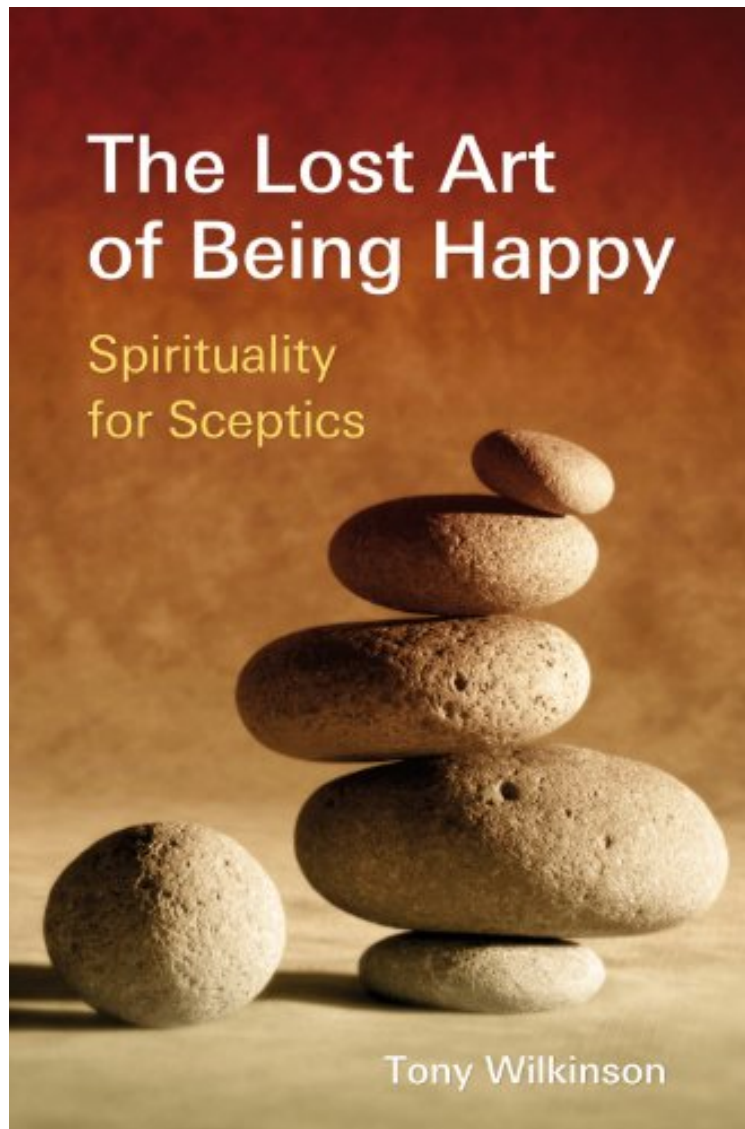


[Ebook pdf] The Lost Art of Being Happy (English Edition)

The Lost Art of Being Happy (English Edition)

Von Tony Wilkinson

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Von Tony Wilkinson : The Lost Art of Being Happy (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Lost Art of Being Happy (English Edition):

Kurzbeschreibung Arguing that spirituality is not about religion but about living happily, this guidebook offers advice on the skills of the inner life - the mind and emotions - that are needed for a life of gladness. This examination discusses the requirements for happiness, explores their nature, and shows that mastering a set of five of them leads to bliss. The exercises in this resource are offered to spiritual seekers as a path towards happiness and emphasize that personal elation is not caused by external events, but by mastering the skills of the inner life.

Synopsis Arguing that spirituality is not about religion but about living happily, this guidebook offers advice on the skills of the inner life - the mind and emotions - that are needed for a life of gladness. This examination discusses the requirements for happiness, explores their nature and shows that mastering a set of five of them leads to bliss. The exercises in this resource are offered to spiritual seekers as a path towards happiness and emphasise that personal elation is not caused by external events, but by mastering the skills of the inner life. This book shows how spirituality should be a vital human concern regardless of beliefs about the supernatural. Starting from the simple idea that everyone wants to live happily, it offers a powerful theory that supports many spiritual and self-development practices. In the five skills, it offers a pragmatic and flexible way to live spiritually allowing each person to develop a practice that suits their own needs. The book focuses on the idea of generating skills of the inner life rather than virtues or merit. This is a profound shift of paradigm, which removes moral anxiety and grounds both spirituality and ethical living in a fundamental choice to live happily.