



## The Art of Happiness: A Handbook for Living (10th Anniversary edition)

By Dalai Lama XIV, Howard C. Cutler

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The Art of Happiness (Riverhead, 1998, ISBN 1-57322-111-2) is a book by the 14th Dalai Lama and Howard Cutler, a psychiatrist who posed questions to the Dalai Lama. Cutler quotes the Dalai Lama at length, providing context and describing some details of the settings in which the interviews took place, as well as adding his own reflections on issues raised. The Art of Happiness is a highly accessible guide for a western audience, combining the Dalai Lama's eastern spiritual tradition with Dr Howard C. Cutler's western perspective. Covering all key areas of human experience, they apply the principles of Tibetan Buddhism to everyday problems and reveal how one can find balance and complete spiritual and mental freedom. For the many who wish to understand more about the Dalai Lama's approach to living, there has never been a book which brings his beliefs so vividly into the real world. One of the world's greatest spiritual leaders teams up with a psychiatrist to share, for the first time, how he achieved his hard-won serenity and how readers can attain the same inner peace. Purpose of life: Right to happiness -- Sources of happiness -- Training the mind for happiness -- Reclaiming our innate state of happiness -- Human warmth and compassion: New model for intimacy -- Deepening our connection to others -- Value and benefits of compassion -- Transforming suffering: Facing suffering -- Self-created suffering --. Shifting perspective -- Finding meaning in pain and suffering

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