



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

By Dalai Lama XIV, Howard C. Cutler

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@inproceedings{Bstandzinrgyamtsho1998TheAO, title={The art of happiness - a handbook for living}, author={Bstan-É¼dzin-rgya-mtsho and Howard C. Cutler}, year={1998} }. Bstan-É¼dzin-rgya-mtsho, Howard C. Cutler. Published 1998. Art. In this unique and important book, one of the world's great spiritual leaders offers his practical wisdom and advice on how we can overcome everyday human problems and achieve lasting happiness. 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 west The Art of Happiness is one of the best books you can read for achieving happiness. It states the most important lesson for change, a lesson that many books downplay or gloss over so as not to scare away readers: Happiness is obtained only from devoted, focused attention on changing your way of thinking. Like anything else worth attaining, it takes work. Pointing to external circumstances or people as the reasons for your unhappiness is denial of the reality-that you, and only you, choose how you feel. The Dalai Lama is a perfect example of the ability to be happy no matter what happens.Â The Art of Happiness: A handbook for living Author: Dali Lama and Howard C. Cutler Publication Date: 1998. Categories GoReviews! Leave a comment. Acknowledgements THE ART OF HAPPINESS BOOK SERIES ABOUT THE AUTHORS. RIVERHEAD BOOKS Published by the Penguin Group Penguin Group (USA) Inc., 375 Hudson Street, New York, New York 10014, USA Penguin Group (Canada), 90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3, Canada (a division of Pearson Canada Inc.) Penguin Books Ltd, 80 Strand, London WC2R 0RL, England Penguin Ireland, 25 St. Stephenâ€™s Green, Dublin 2, Ireland (a division of Penguin Books Ltd) Penguin Group (Australia), 250 Camberwell Road, Camberwell, Victoria 3124, Australia (a division of Pearson.