



The Buddha's Way of Happiness: Healing Sorrow, Transforming Negative Emotion, and Finding Well-Being in the Present Moment

Thomas Bien PhD

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Discover the Secrets to Happiness and Well-Being

The excitement you feel after hearing good news or achieving a goal is fleeting, but true happiness—that is, the warm feeling of deep contentment and joy—is lasting, and it can be yours in every moment. **The Buddha's Way of Happiness** is a guide to putting aside your anxieties about the future, regrets about the past, and constant longing to change your life for the better, and awakening to the joy of living.

With this book as your guide, you'll identify the barriers to happiness you create in your own life and use the eightfold path of Buddhist psychology to improve your ability to appreciate the small, joyful moments that happen every day. These exercises, meditations, and concrete approaches to practicing happiness and well-being are drawn from mindfulness, "no self," and other ancient Buddhist insights, many of which have been proven effective by today's psychologists and researchers. With the knowledge that happiness is a habit you can adopt like any other, take the first step down this deeply fulfilling path on your life's journey.

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