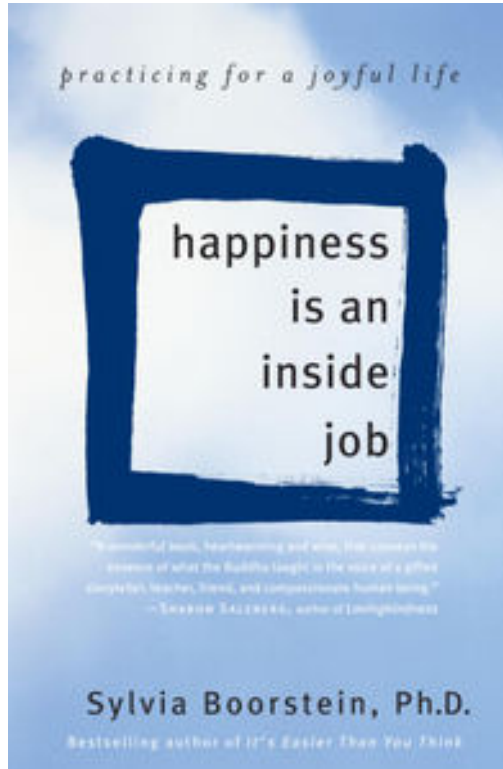


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Happiness Is an Inside Job Download Online eBook Sylvia Boorstein, Ph.D. Free eBook PDF/ePub/Mobi/Mp3/Txt, How can we stay engaged with life day after day? How can we continue to love-to keep our minds in a happy mood-when life is complex, difficult, and, often, disappointing? Bestselling author and beloved teacher Sylvia Boorstein asked herself these questions when she started to write this inspiring new book. The result is her best work to date, offering warm, wise, and helpful ways we can experience happiness even when the odds are against us.

As Boorstein has discovered in more than three decades of practice as a professional psychotherapist, the secret to happiness lies in actively cultivating our capacity to connect with kindness: with ourselves; with friends, family, colleagues; with those we may not know well; and even with those we may not like. She draws from the heart of Buddhist teachings to show how Wise Effort, Wise Mindfulness, and Wise Concentration can lead us away from anger, anxiety, and confusion, and into calmness, clarity, and the joy of living in

the present. These qualities strengthen our ability to meet encounters of every kind with balance and intelligence, providing us with a grounded sense of true contentment.

Happiness Is an Inside Job resonates with the knowledge of a psychotherapist, the compassion of a spiritual teacher, and the wisdom of a grandmother. Boorstein's vivid stories capture our minds and our hearts, and the simple exercises she suggests can be done while you read.

This beautiful book is comforting and reminds us that life is a shared journey, that our hearts truly do want to console and love our fellow sojourners, and that living happily is indeed the best way to live.

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