



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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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. Stephen'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. Originally published: London: Hodder & Stoughton, 1998. 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 --. The Art of Happiness: A Handbook for Living was co-authored by psychiatrist Howard Cutler, who posed questions to the Dalai Lama over the series of many interviews. Cutler provides the setting and context for their meetings and also incorporates his own reflections on the issues raised in their discussions. In addition, transcriptions from several of the Dalai Lama's teachings are scattered throughout the book. It was first published in 1998, and I read the ten-year anniversary edition that was published in 2008 which includes a new preface and introduction. The book delves into the conce 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.