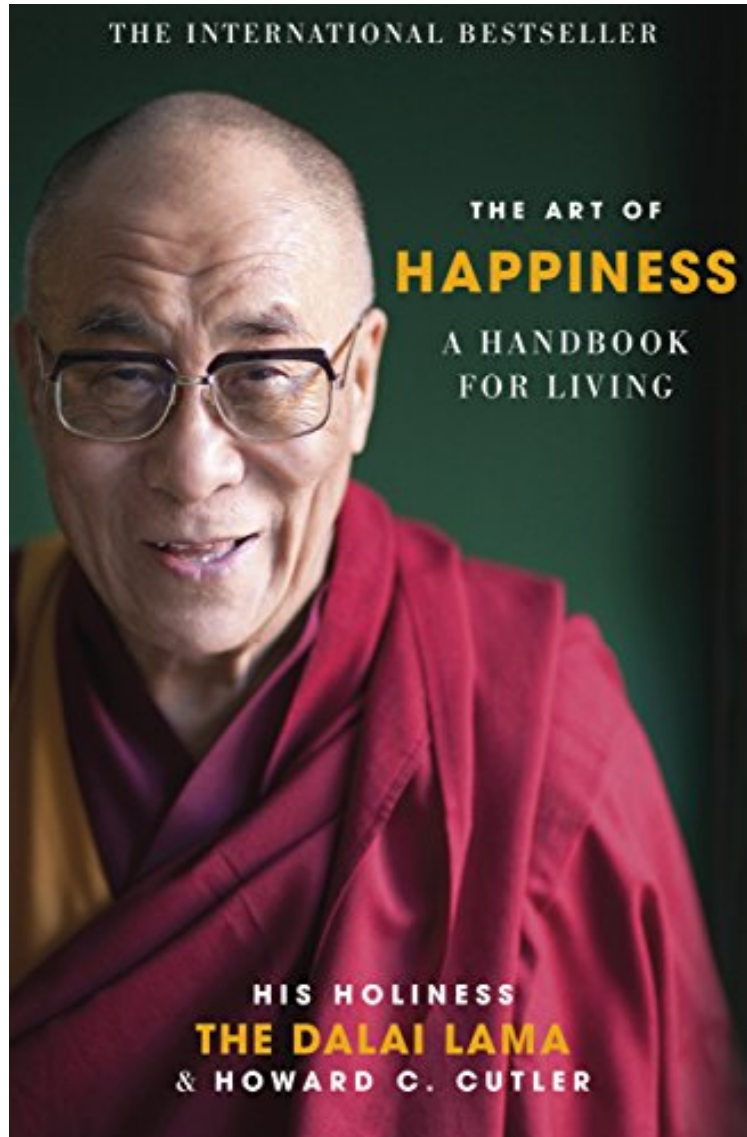


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The Art of Happiness: A Handbook for Living (English Edition)

Von Dalai Lama

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Von Dalai Lama : The Art of Happiness: A Handbook for Living (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Happiness: A Handbook for Living (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Insights and re-shifts in your mindset will happen.Von CustomerSo I bought this book after being it was recommended by a friend of mine.As someone who at the time of purchase had never been introduced to Buddhism I have to say I opened

the first pages with a critical mindset as I've never exactly been one to believe or follow anything regarding religious practices or philosophies- that being said I've always had a sense of respect for religion as I see how it can provide positive and strong notions of influence and guidance when people need it to live a satisfied life. (My motivation for purchase in the first place)The first chapter in I realised that this book is special. It's not in anyway preachy or full on (as it's actually co-written by Howard C Cutler) so it's a perfect balance between science, academia and Buddhist philosophy.What can I say about this book?It stimulated a re-shift towards my priorities in my head, what I deemed to be important at that time was in fact the opposite- we strive so much for material objects, self-esteem through social media and other points which in our fast paced society is normative behaviour- but it really does not matter! It helped me realise what is really important, finding happiness in yourself and being satisfied with yourself for who you are and eventually you realise you can live without such things, from relationships all the way to how much money is sitting in your bank account the Dalai Lama really sets it through a good lens to make you realise there is much more to life- or actually, less! What we think we need is far from the truth. All of these notions supported by Howard Cutler and his prestigious academic analysis really makes this a good read.To summarise- this book not only changed the way I think. It actually encouraged me to seek out a monastery in Mcleod Ganj, India(where the Dalai Lama resides) and spend 11 days in a silent retreat.I came back feeling refreshed, renewed and ready to tackle the everyday hurdles of life once again- but this time with a completely different approach and thought process.Would and have recommended to every single person as its applicable to all situations.4 von 4 Kunden fanden die folgende Rezension hilfreich. A Very Inspiring BookVon Ein Kunde"The Art Of Happiness," is a very good book. I didn't appreciate the beauty, and genius behind the thinking of this book, until after I had finished it. While reading, I was most interested, and thought it was very good, but after I had finished the whole thing, I was in a better position to integrate all of the ideas, and see that not only was the book set on a nice premise, but fulfilled its promise - It sets out a clear, achievable, and loving way for people to attain what has become somewhat of a myth to some people: true happiness. I would recommend people read this book at least twice, because there are so many ideas that are portrayed, that they should be absorbed fully. The book has the potential to be a nice first step for many people, myself included. It presents very deep, although sometimes deceptively simple ideas, and the book itself motivates people to be the best they can be. If someone fully integrates the ideas presented into their life, I imagine they would be among a very special few.The book's form leaves a little to be desired, however. Although mostly effective, the narrative style was sometimes tiresome, it made the flow of the book seem a bit choppy at times, and the reader is subject to some of Cutler's whims, which results in disjointed ideas, and a chapter starting on one premise, and ending on another. That said, the narrative effect is often very effective, and all in all, makes the reader feel more connected with his Holiness.I was very surprised while reading some of the other reviews of this book. The main complaints were that the book is too simplistic for an avid Buddhist, merely rehashing concepts and ideas they already know, into a more muddled form, and that His Holiness the Dalai Lama was under-utilised, with Howard Cutler being the real writer of the book.The first complaint, in my mind, if looked at from a slightly different angle, is a bit of a bonus for a non Buddhist, or for new Buddhists. I found that the simplification of some points, and the stripping of a lot of the classic spirituality (such as the concepts in Buddhism of reincarnation etc) to do with Buddhism, made the parts portrayed in this book more effective, more real, and more possible to the average man on the street. Books which are highly accessible, without changing the base message of the higher concepts can be shunned by the establishment, but in fact, should be embraced, as the message will be able to reach, and help, so many more people as a result. This book says itself that it is not a recourse for Buddhist spirituality, and offers a number of books by his Holiness, that are purely on the Buddhist Spiritual practise. If looked at from this way, as a guide for living a happy life, for everybody, Buddhists and non-Buddhists alike, I think a lot of the disappointments that people have voiced about this book, especially those complaining about its simplicity and lack of attention payed to spiritual matters (although there is a quite large section at the end on how spirituality - any, not just Buddhist spirituality - is more beneficial to ones overall happiness) will dissolve.The second complaint is a valid Point. This is undeniably Cutler's book, however, that is not in itself negative. I personally found that Cutler's comments, and back up evidence to be invaluable, and persuasive, a very effective way of explaining how some of the Buddhist-type principles His Holiness stated could be stripped to their essentials, and effectively used to help every day people lead a happy life. I think naming His Holiness as the author of this book was misleading, but I was never disappointed. I think the mix of Cutler's Western medical knowledge, and His Holiness' principles of compassion, love and respect was most effective, and all together a lot more self contained than a book on the same subject by each separately. I bought this book for the Dalai Lama's ideas, not specifically because I thought he was the sole writer. Although for the many who may have bought it because they wanted a solid Dalai Lama written book, these pre-conceived expectations would be let down. But I do believe, if they perhaps take the book for what it is, a concise, straight, 'how-to' manual for lack of a better word, they wont be so disappointed, and the fact that the Dalai Lama didn't write it fully won't be such a disappointment.In all, I would highly recommend this book, just so everyone can make up their own mind, and also, I do believe everyone who reads it will pick up something of value from it.11 von 12 Kunden fanden die folgende Rezension hilfreich. A treatise on happinessVon Ein KundeAlways one to be skeptical of these kinds of collaborative book efforts, I think it's important to point out that 'The Art of Happiness' was written

not by the Dalai Lama, but by Howard C. Cutler, a psychiatrist. Dr. Cutler weaves together excerpts from numerous conversations with the Dalai Lama spanning many years, and from public talks given throughout Arizona in 1993. The result is a treatise on a topic of widespread importance: happiness (or the lack thereof). If it's Buddhist wisdom you seek, I highly recommend you read "Open Your Mind, Open Your Life: A Little Book of Eastern Wisdom" by Taro Gold.

Kurzbeschreibung 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 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..deDieser Titel ist in englischer Sprache. Haben Sie sich jemals gefragt, wie es wohl wre, den Dalai Lama ber die wirklich beharrlichen Lebensfragen zu interviewen? Warum sind so viele Menschen unglcklich? Wie kann man Einsamkeit bewltigen? Wie kann man Konflikte vermeiden? Was ist die wirkliche Liebe? Warum leidet man? Wie soll man mit Ungerechtigkeiten und Wut umgehen? Wie gehen Sie selbst mit dem Tod eines geliebten Menschen um? Diese und andere Rtselfragen stellt der Psychiater Howard Cutler dem Dalai Lama whrend einer langen Periode von Interviews in The Art of Happiness: A Handbook for Living. Am Anfang erscheinen die Antworten des Dalai Lama sehr simpel, wie das oberflchliche Lesen eines Buches von Robert Fulghum. Frag Dich selbst, ob Du wirklich etwas brauchst; unsere Feinde knnen unsere Lehrer sein; Mitgefhl bringt dem Geist Frieden. Doch Cutler ist hartnckig: Viele Leute mit groem Besitz sind aber auch glcklich; Und "das Leben ist Leiden" klingt so pessimistisch; Aber das Extreme zu suchen, bedeutet wahre Lebensfreude, aber was ist, wenn ich nicht an Karma glaube? Je mehr der Dalai Lama sich engagiert, desto mehr bildet sich eine kohrente Philosophie heraus. Cutler verarbeitet die Antworten des Dalai Lama im Zusammenhang mit wissenschaftlichen Studien und Fllen aus seiner eigenen Arbeit. Er erarbeitet und untermauert eine Psychologie, die er als revolutionr bezeichnet. Wie jede andere Kunst auch, verlangt Glckseligkeit, da man lernt und auch immer wieder bt -- das Talent liegt auf jeden Fall in unserer Natur, versichert der Dalai Lama. --Brian Bruya.co.ukHave you ever wondered what it would be like to sit down with the Dalai Lama and really press him about life's persistent questions? Why are so many people unhappy? How can I abjure loneliness? How can we reduce conflict? Is romantic love true love? Why do we suffer? How should we deal with unfairness and anger? How do you handle the death of a loved one? These are the conundrums that psychiatrist Howard Cutler poses to the Dalai Lama during an extended period of interviews in The Art of Happiness: A Handbook for Living. At first, the Dalai Lama's answers seem simplistic, like a surface reading of Robert Fulghum: ask yourself if you really need something; our enemies can be our teachers; compassion brings peace of mind. Cutler pushes: but some people do seem happy with lots of possessions; but "suffering is life" is so pessimistic; but going to extremes provides the zest in life; but what if I don't believe in karma? As the Dalai Lama's responses become more involved, a coherent philosophy takes shape. Cutler then develops the Dalai Lama's answers in the context of scientific studies and cases from his own practice, substantiating and elaborating on what he finds to be a revolutionary psychology. Like any art, the art of happiness requires study and practice--and the talent for it, the Dalai Lama assures us, is in our nature. --Brian Bruya