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# The Skill Of Happiness



## Synopsis

In this groundbreaking book, Matthieu Ricard makes a passionate case for happiness as a goal that deserves as least as much energy as any other in our lives. Wealth? Fitness? Career success? How can we possibly place these above true and lasting well-being? Drawing from works of fiction and poetry, Western philosophy, Buddhist beliefs, scientific research, and personal experience, Ricard weaves an inspirational and forward-looking account of how we can begin to rethink our realities in a fast-moving modern world. With its revelatory lessons and exercises, Happiness is an eloquent and stimulating guide to a happier life. --This text refers to the Paperback edition.

## Book Information

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## Customer Reviews

This book is fabulous! Ricard has a solid grasp on happiness, and not the fleeting kind either. He is a master at displaying the ways that a person can create the causes for profound and lasting happiness within their own life. There is nothing more important than this goal and its achievement; look around, everyone wants to be truly happy - how many do you see who know how to achieve this? How many years or even decades do people keep trying to achieve this goal by repeating the same actions, actions which are ineffective and in most cases actually exacerbate their unhappiness. Here is a writer that is fully capable of leading the reader out of the morass of afflictive emotions, endemic in the today's world, which are the cause of so much unhappiness in our lives and the lives of others. Definitely Five Stars! Definitely a must read!

This is a very comprehensive look at the main purpose of meditation, as well as the overarching goal of Buddhist philosophy. Ricard instructs the reader on how Buddhism teaches one to develop a sense of happiness as distinct from momentary joys, and to minimize the effects of suffering for oneself. Each chapter ends with a meditation exercise tailored to the chapter's content, and provides a greater avenue for understanding the title's concepts. Also of note, the comparisons between Buddhism and western philosophy provide greater context in pointing out differences and similarities between what is written and what the reader already experiences in western culture. This is a very easy, and informative read for anyone interested in learning more about Buddhist thoughts of compassion and happiness.

This book was life-changing for my husband. It brings new perspective.

Over several weeks of reading with pleasure the many facets of this book, I have come to appreciate the true and benevolent facility of Ricard's genius. It is a masterpiece of thoughtful and heartfelt wisdom to assist the reader on a path that can realistically unveil our deeper selves, and the potential that exists for enduring and essential happiness. This is an authentic resource for sincere transformation of modern, western state of mind into an evolving sense of what this often crazy life can truly be.

I have been studying and teaching about happiness for many years. I have found many great authors on the matter like Anthony de Mello, Martin Seligman and others. I must say that this is one of the best books I have read in my search for the origin, meaning and attaining of happiness. I STRONGLY RECOMMEND IT TO ANY ONE WHO WANTS TO FIND NOT ONLY HAPPINESS BUT MEANING IN HER/HIS LIFE

This book is great! I was skeptical about the Buddhist view of happiness, afraid it would be scientifically unfounded and metaphoric. Boy, was I wrong! It turns out, for thousands of years, the East has known what Western science is just now beginning to discover. This book is well written and translated. It states Buddhist philosophy, but is researched in Western thought, including conversations with Martin Seligman and other well-known Western psychologists. The difference between this book and other books is twofold. First of all, it focuses on an overall view of self, the world and the self's relationship to the world. It focuses on top level thought, as opposed to dissecting particular problems. Additionally, this book focuses on promoting a positive world view

and accurate view of the ego. Other books focus on eliminating negatives, this book promotes positives. Before you read 'Westernized' books, give this book a shot. Chances are, you have been exposed to Westernized thought and this is what is not working.

The message is real and powerful and important enough to work through the difficulty of the read itself. It would be nice if it was set out in a more simplistic manner.

This is a not hokey, mumbo jumbo theory. Instead, this book is the distilled wisdom, teaching and example of a French scientist turned Buddhist monk who has been called the happiest man in the world. He offers his own personal examples of how he has trained his mind to deal with many of life's problems. He also underscores that altruism, compassion, and alleviating suffering in others is the path towards eliminating anxiety, stress, hatred, and negative emotion. One drawback of this book is that it was written in translation from French. The prose is a bit wordy and dense at times. That should not dissuade one from reading this book. It is practical wisdom that is worth devoting oneself to. It may change your life.

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