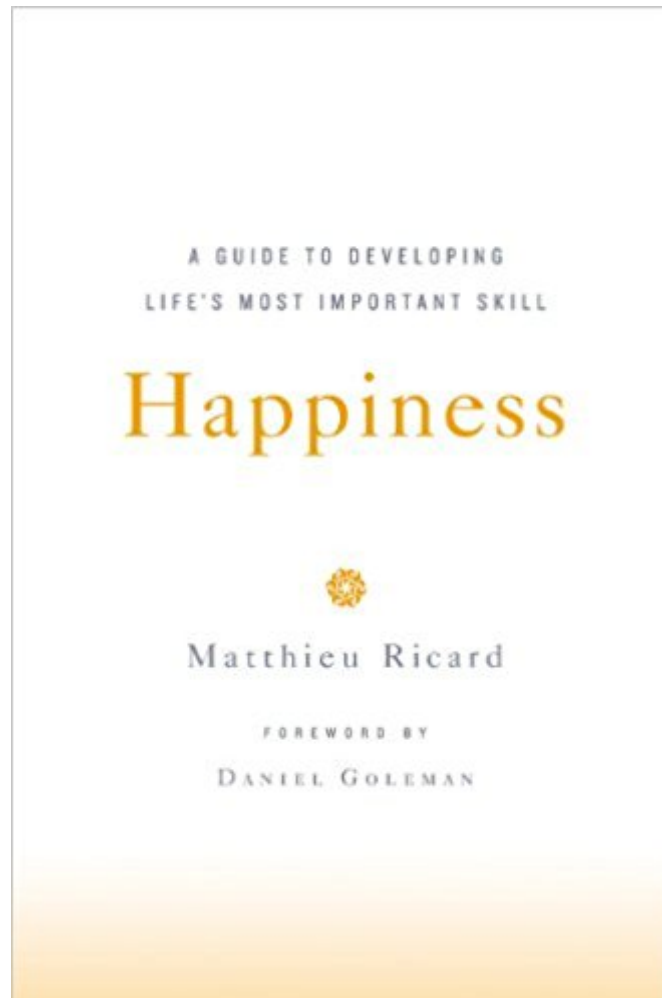




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# **Happiness: A Guide To Developing Life's Most Important Skill**



## Synopsis

A molecular biologist turned Buddhist monk, described by scientists as "the happiest man alive," demonstrates how to develop the inner conditions for true happiness.

## Book Information

Hardcover: 304 pages

Publisher: Little, Brown and Company (April 12, 2006)

Language: English

ISBN-10: 0316057835

ISBN-13: 978-0316057837

Product Dimensions: 5.8 x 1 x 8.5 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.5 out of 5 stars 198 customer reviews

Best Sellers Rank: #480,467 in Books (See Top 100 in Books) #84 in [Books > Textbooks > Humanities > Religious Studies > Buddhism](#) #915 in [Books > Politics & Social Sciences > Philosophy > Consciousness & Thought](#) #1209 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

## Customer Reviews

For millennia, philosophers, writers and artists have sought the key to human happiness. A Buddhist monk and former cell biologist, Ricard offers his own musings about the nature of happiness and tips on how to attain it in his sometimes tedious, sometimes dynamic guide. Happiness, for Ricard, cannot be found in fleeting experiences of pleasure—the joy of a sunny day, the refreshing taste of an ice cream cone, the ecstasy of sex—but only in the depths of an individual's being. Happiness is not self-interested, but rather compassionate, seeking the well-being of others. If we are truly happy, writes Ricard, we can change the world because of our compassion for others and our desire to end hatred and bring happiness even to those we don't like. For Ricard, happiness is a deep state of well-being and wisdom that flourishes in every moment of life, despite the inevitability of suffering. Individuals can, however, learn to minimize suffering in life by practicing moderation in all things, as well as meditation. Meditative exercises that individuals can practice to achieve happiness appear in each chapter. Ricard (*Tibet: A Compassionate Eye*) doesn't have much new to tell us about his subject, but he imbues these reflections with his own deep sense of happiness and verve. (Apr. 12) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

'In a brilliant synthesis of 25 centuries of the wisdom of Buddhism with the neuroscience and cognitive psychology of the twenty- first century, Matthieu Ricard, who embodies both traditions, gives humanity a gift it desperately needs now: a vision of a po

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 and 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 ones self. Each chapter ends with a meditation exercise tailored to the chapters content, and provides a greater avenue for understanding the titles 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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