



## Happiness Is a State of Mind

By Drukpa, His Holiness The Gyalwang

Hodder & Stoughton, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!  
 Summary: A Buddhist leader explains how to calm anxiety, let go of expectations, and explore the happiness that is already in our minds. We are all chasing happiness. We spend our lives searching for that one thing we think will finally make us happy. But is happiness something deeper than that, more fundamental? How can universal happiness be achieved? In this book His Holiness the Gyalwang Drukpa reveals that the secret to happiness lies in the mind. Exploring the simple ways we can train our minds to recognize a happiness that is already there, he gives us the tools to embrace an appreciation for life as it is, rather than as we feel it should be, and helps us flourish as individuals, and as part of the wider world. With this guide you can choose to make today a happy one.



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