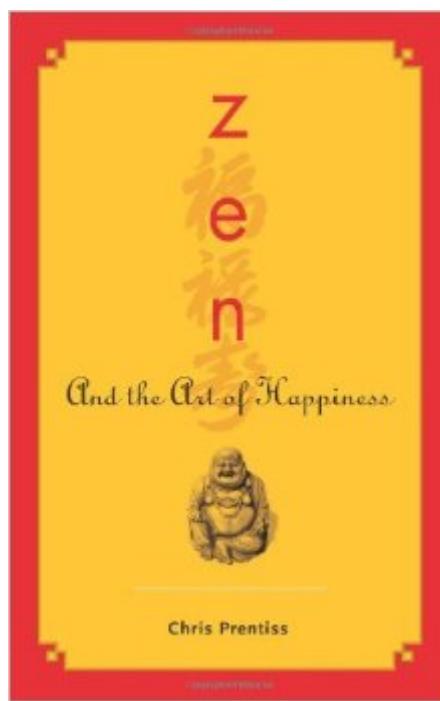


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# Zen And The Art Of Happiness



## **Synopsis**

Cutting-edge science and spirituality tell us that what we believe, think, and feel actually determine the makeup of our body at the cellular level. In Zen and the Art of Happiness, you will learn how to think and feel so that what you think and feel creates happiness and vibrancy in your life rather than gloominess or depression. You'll learn how to adapt to life's inevitable changes, how to deal with stress in a healthy way, and how to nurture a mindful happiness in your daily life. Most importantly, the gentle wisdom of Zen and the Art of Happiness will show you how to invite magnificent experiences into your life and create a personal philosophy that will sustain you through anything. A timeless work about the art of happiness, the way of happiness, the inner game of happiness. This popular work has been published in more than 20 countries around the world.

## **Book Information**

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## **Customer Reviews**

I bought this book on impulse the night before a long trip. I read it through, then went back and re-read many sections. It dramatically changed my perspective on life and helped me become a more peaceful person.

This is a simple but powerful book that will change the way you look at life. Zen and the Art of Happiness takes happiness and consciousness to a whole new level. This book (and its shrewd insights) is profound. As D.T. Suzuki, the Japanese scholar and leading spokesman of Zen in mid-twentieth century America, said of Zen, "It merely enables us to wake up and become aware. It

does not teach, it points". Zen and the Art of Happiness gives you simple but profound keys that will help you change your life. If you read it with an open heart it will truly help you find happiness.

I've read many, many books on Zen and the way of happiness...but this one is the best I've ever read. And the beauty of it is that it makes it very simple, straight to the point, and tells you the way to achieve real happiness in life. I've recommended it to many people and still re-read it every few months. The simplicity of it is very powerful and it has the potential to really change one's own life.

I have a large library of spiritual books, which I have scoured the world for and which I treasure. But recently, when I was trying to deal with a particularly difficult problem in my life (one I couldn't seem to "chant away", meditate beyond, or free myself from) I found this small book and it's teachings were phrased just the right way to finally give me some peace.

I saw this book in Anthropologie and after leafing through it in the store, I decided to purchase it on . While there are some points to ponder on how to gain more peace and acceptance in your life, I could not help but feel that the author did a fair amount of "selling" his California addiction rehab center. There was simply too much of his rehab center's references to make this a legitimate book on attaining happiness! I actually did not like this as I felt that there was a bit of exploitation of people's desire to attain peace. For some reason, even the author's choice of the pen name "Wu Wei" which he mentions he has used for different books, slightly disturbed me. Wu Wei is the central paradox in Taoism meaning "the action of non-action". Under the principle of Wu Wei he would not have used his reading audience as resources to further his other platforms. If you are looking for a "pure" account and directions towards attaining peace, balance, happiness, and zen in your life...go directly to the I Ching!!

I read the book, Zen And the Art of Happiness and it truly moved me. It is an illuminating book; reading it was an uplifting experience for me. Prentiss has written about a difficult subject - understanding the meaning of life, including its inherent suffering - from an enlightened perspective. I have finished the book, but I still carry it with me and I plan to continue to do so as a reminder of the momentous power and significance it contains.

This book has nothing to do with zen. It's 'The secret' combined with auto-promotion for his drug clinic/other book, sprinkled with some zen quotes. I'm surprised how much people gave it a 5 star.

Must be 'The secret' people who strongly believe that if you wish something, that wish will become true. Wishfully thinking not zen, there is a big difference.

I was looking forward to learning a bit about Zen, but this book fell short. There is not much substance here. Abraham Lincoln said: "Most folks are about as happy as they make up their minds to be". The author tries to make a similar point in the first part of the book. There is merit to his thinking, but the problem is that the discussion is not interesting or insightful. The writing quality is also not very good. In another section the author discusses neurotransmitters, steroids and peptides. This should have been beyond the scope of this short book and is also beyond the author's expertise. Finally he also tries to promote his drug rehabilitation business and tout his successes which I do not believe is appropriate for authors to do in their books. Commercials should serve that purpose - not books that are sold. Skip this one and think about Lincoln's quote instead. It takes less time to read, it is to the point and free.

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