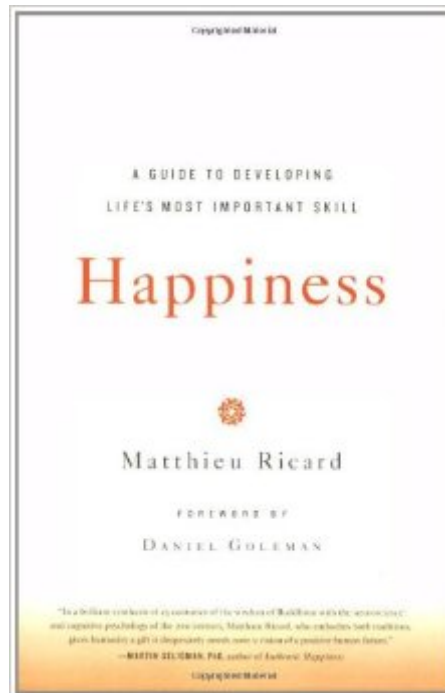


The book was found

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

Paperback: 304 pages

Publisher: Little, Brown and Company; Reprint edition (January 5, 2007)

Language: English

ISBN-10: 0316167258

ISBN-13: 978-0316167253

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (181 customer reviews)

Best Sellers Rank: #15,990 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#) #64 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#) #122 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism](#)

Customer Reviews

I think a lot of the other reviews clearly explain why this is a wonderful book. It definitely has added a lot of perspective to my outlook on things. I believe as Ricard explains, that tweaks to the way we think and our attitude will definitely foster happier thoughts in our minds. There are some very memorable thoughts from this book - the one I liked most was the fact that happiness can never be based on external circumstances for they are fleeting. A loss of a loved one or a job can plunge a man from happiness to despair and darkness in an instant. If like Ricard, you believe that happiness can be a permanent state of mind, it has to be on the inside and all ephemeral, external circumstances will flutter the mind like lines written on water. But there are limitations and not-so-great things about the book which could have been improved. - Too much quoting philosophers and famous people Almost every chapter is filled with various philosopher's take on things like happiness, emotions etc. I was more interested in Ricard's own experience and his Gurus' opinions (which were also there at places) rather than a big collection of differing thoughts of other philosophers. - Lack of explanation on 'how to do' There is a clear lack of explanation of how to deal practically with the issues Ricard brings up. His theory that negative thoughts like hatred need antidotes like patience is great, but there is not much detail on how to cultivate them. Ricard says

the solution is meditation, but how and what to exactly meditate on is short in content. A recurring theme is that when say, you are very angry, look at the anger itself without attaching it to the target of the anger and meditate, and it will melt away.

Matthieu Ricard was born and raised in France. He had the makings of a stellar career in science, studying in his student days with a Nobel-prize winning scientist. But throughout his 20's, he shifted his interests more and more towards spirituality. For the past 30 years, he has lived and studied as a Tibetan Buddhist, in Nepal. He often serves as the French translator for the Dalai Llama. Ricard is a man who knows science. And, as a Frenchman, is deeply familiar with pessimism. He says, in France, happiness is considered boring, while pessimism and misery is considered quite interesting. "Happiness is only for the naive" is a common Western mindset. However, Ricard says: "Not true." Not only is happiness interesting - it is a skill, a challenging skill to be acquired only through intense practice. Pessimism, on the other hand, is boring - for it creates apathy, and a general lack of zest for life. As a man deeply interested in science, Ricard knows what he's talking about. He explains amazing discoveries made by the Mind & Life Institute. Placed under MRI brain imaging, Tibetan monks have shown to experience far greater happiness and are more emotionally balanced than any 'average' person. Scientists can gauge happiness by the amount of activity in the frontal lobe related to positive emotions. (There's also a section of the brain related to negative emotion, and criticism, which remains relatively dormant.) In one experiment, testing what's called a "startle" reflex - something that every human has (it's an uncontrolled flinch of one's facial muscles that occurs whenever a loud noise goes off) - a spiritually advanced monk was monitored for this reflex. When the loud noise went off, unlike anyone else ever tested, he did NOT flinch.

[Download to continue reading...](#)

Happiness: A Guide to Developing Life's Most Important Skill
The Final Days of Jesus: The Most Important Week of the Most Important Person Who Ever Lived
Intarsia Woodworking for Beginners: Skill-Building Lessons for Creating Beautiful Wood Mosaics: 25 Skill-Building Projects
Professional Skillbuilding Wizard (Skill Assessment For Medical Transcription & Skill Assessment Answer Keys)
The Practicing Mind: Developing Focus and Discipline in Your Life
Master Any Skill or Challenge by Learning to Love the Process
Northwest Top 10 Garden Guide: The 10 Best Roses, 10 Best Trees--the 10 Best of Everything You Need - The Plants Most Likely to Thrive in Your Garden ... Most Important Tasks in the Garden Each Month
The Skill of Happiness
What the F*#@ Should I Drink?: The Answers to Life's Most Important Question of Your Day (in 75 F*#@ing Recipes)
Secret Gateway to Health: The Single Most Important Thing You Need to Know for a Long

Healthy Life The Three Big Questions for a Frantic Family: A Leadership Fable? About Restoring
Sanity To The Most Important Organization In Your Life 20 Idioms in 20 Days: Master the Most
Important American Expressions: English Basics: Your Complete Guide to American Phrases
Volume 1: Real American Idioms ... Your Complete Guide to American Idioms) 20 Idioms in 20
Days: Master the Most Important American Expressions: English Basics: Your Complete Guide to
American Phrases #2: Real American Idioms ... Your Complete Guide to American Idioms) Before
Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining
Positive Change Piano Sonatinas - Book Three: Developing Artist Original Keyboard Classics (The
Developing Artist) Developing Gestalt Counselling (Developing Counselling series) Soul Keeping
Study Guide: Caring for the Most Important Part of You New Complete Guide to Band Saws:
Everything You Need to Know About the Most Important Saw in the Shop The Wedding Ceremony
Planner: The Essential Guide to the Most Important Part of Your Wedding Day Wedding Ceremony
Planner: The Essential Guide to the Most Important Part of Your Wedding Day 42 Guitar Chords
Everyone Should Know: A Complete Step-By-Step Guide To Mastering 42 Of The Most Important
Guitar Chords (Everyone Should Know Books)

[Dmca](#)