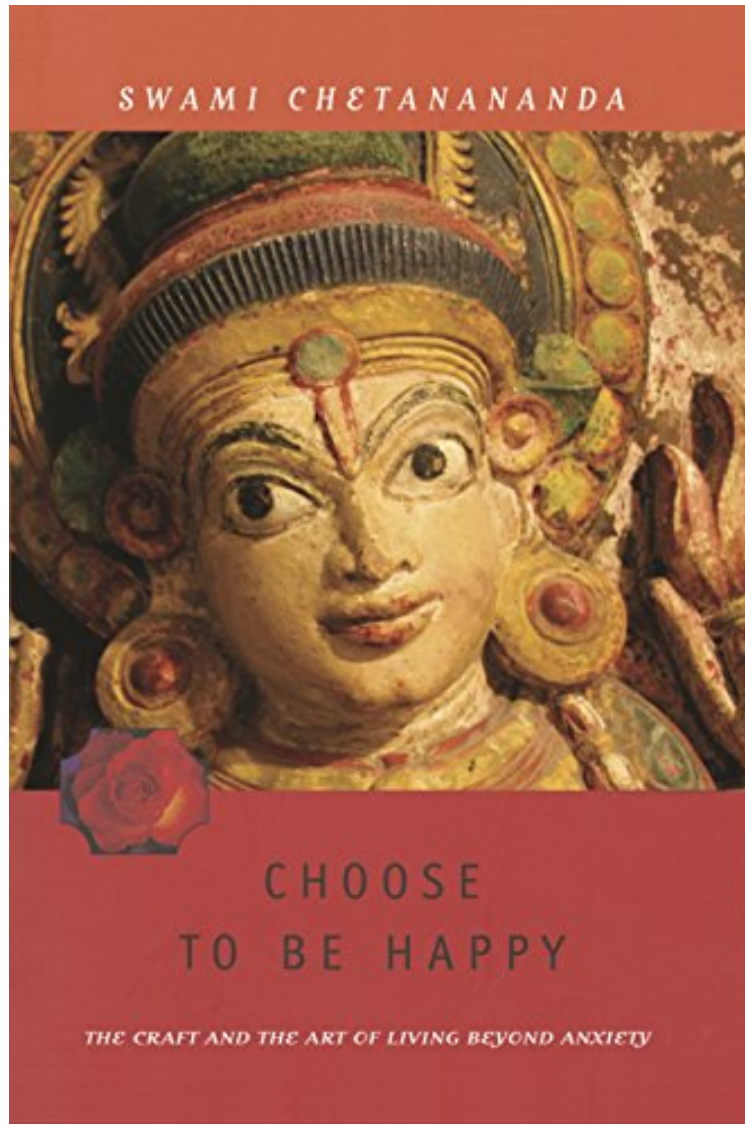


[Mobile book] Choose to Be Happy: The Craft and the Art of Living Beyond Anxiety (English Edition)

## Choose to Be Happy: The Craft and the Art of Living Beyond Anxiety (English Edition)

Von Swami Chetanananda  
ePub | \*DOC | audiobook | ebooks | Download PDF



DOWNLOAD



+

READ ONLINE

Produktinformation Veröffentlicht am: 2015-11-02 Erscheinungsdatum: 2015-11-02 File Name: B017I49OYI |  
File size: 52.Mb

**Von Swami Chetanananda : Choose to Be Happy: The Craft and the Art of Living Beyond Anxiety (English Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Choose to Be Happy: The Craft and the Art of Living Beyond Anxiety (English Edition):

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 0 Kunden fanden die folgende Rezension hilfreich. Is Everything Under Control? Von Ein Kunde Chetanananda who is carrying on the teaching for Rudi, brings his own

style to the wisdom of the east stripped of all of its cultural baggage, extracting a potent concentrated clarity. This is an intellectual poetic book that is double edged in that; the insight it brings clarifies and inspires and reveals the gunk and horror of what habitually falls out of our awareness. His metaphor of the pendulum and acting from a place prior to our projection of good/bad, positive/negative jarred me awake from a place of deep slumber. This book is beautiful.0 von 0 Kunden fanden die folgende Rezension hilfreich. amazingly on target for meVon Ein KundeJust the chapter on inner vision was worth the book by itself0 von 0 Kunden fanden die folgende Rezension hilfreich. amazingly on target for meVon Ein KundeJust the chapter on inner vision was worth the book by itself

**Kurzbeschreibung**Happiness is not an external condition into which one stumbles. It is a conscious decision that must be made every day. A spiritual life requires an inner vision, the wish to grow, and the daily discipline of inner work. This book penetrates these subjects with wisdom and clarity. An easy-to-follow meditation practice is included to help quiet your mind and sustain your spiritual practice as you move through your day.**Kurzbeschreibung**Happiness is not an external condition into which one stumbles. It is a conscious decision that must be made every day. A spiritual life requires an inner vision, the wish to grow, and the daily discipline of inner work. This book penetrates these subjects with wisdom and clarity. An easy-to-follow meditation practice is included to help quiet your mind and sustain your spiritual practice as you move through your day.**Synopsis** The power of happiness is in your hands! While no one can control everything that happens, you can decide how to respond to circumstances. Resolve to be happy every day, regardless of the situation, and it will transform your life. Connect to the vitality within yourself with a methodology for continuously deepening contentment; with meditation exercises and mantras that liberate you from harmful habits; and with practices that develop calmness and inner vision. Your new spiritual work will melt the tension away.