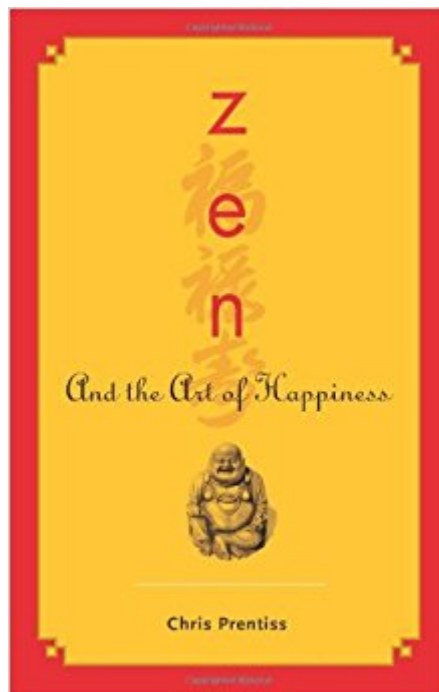


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# Zen And The Art Of Happiness



## 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

A charming book....Shows readers, with humor and zest, how to live in the now and change our futures. For most collections. --Library Journal  
*Zen and the Art of Happiness* is enthusiastically recommended and user friendly reading for anyone seeking to enhance their spirituality, deal with life's stresses, and improve their physical, emotional, and spiritual well-being. --Midwest Book Review  
This wonderful little book shows that we can overcome the obstacles to happiness. It is for those who want and need change in expectations, habits, and outlook. Chris Prentiss teaches us how, with a joie de vivre that obviously comes from experience. Use his practical wisdom to get in the habit of being happy every day. Put this book by your bedside and the Zen of happiness can be

yours. --ReverseSpins.com

Chris Prentiss is the cofounder and codirector of the Passages Substance Abuse Treatment Center, located in Malibu, California, and the author of *The Alcoholism and Addiction Cure: A Holistic Approach to Total Recovery*. He has also written a dozen books on Chinese philosophy and personal growth. He is known worldwide for his interpretations of the I Ching that make this ancient and sometimes difficult-to-understand subject easy to use and apply. Prentiss has led personal empowerment workshops in southern California and has written, produced, and directed a feature film.

Hats off to the author! It's so wonderful to discover that there are still people in the world who have a positive outlook on life and a friendly heart towards others. Where can you start with this book? For such a small volume, there are so many valuable lessons entailed. NOTE: Many of the principles listed here are common sense; however we as human beings choose not to listen. What a refreshing take on life itself and how we are supposed to behave. This is a precious read, and it has stimulated me to look for more books in this specific genre I like to define as: a short read, very valuable lessons, and most importantly, awe inspiring to live a better life by not only helping ourselves, but to be compassionate and thoughtful to others as well. Bravo...As I normally do, I will list a few highlights: Everything that happens to you is the best thing that can occur. Sometimes a bad event can turn out to be the best thing that ever happened. Furthermore, there is no use lamenting over anything. If all things that transpire are good in some way, then simply allow the good to flow from these particular events. If you change your thoughts, you can ultimately alter your outcome, because your attitude is of the utmost importance. Be sure not to surround yourself with people who can & will poison your mind. Everything comes at the appointed time. Events are simply events, nothing more. However your response to the situation will determine whether you will be happy or unhappy. In the end, we make the decision of how we will react to an individual event. This is what shapes our life... The Universe doesn't make mistakes, so appreciate all things. Your worst enemy cannot harm you as much as your own thoughts, unguarded. But once mastered, none can help you as much. What you think, and how you feel will directly affect your body in some way, whether positive or negative. How you think and what you say to yourself and others are extremely vital, for this triggers your entire being to respond in that fashion. Be very careful...Unhappiness can become a habit as it does with most people whether they know it or not. Each incident in life offers only 2 choices: you can curse it, OR call it good fortune. Of those 2, only 1 will bring happiness.

Easy enough?

This is one of the best books I've ever read. If you are someone going through any stressful events in life this book can be a great first step in a direction where you have a more positive outlook on how to handle the grind of life. I've read and re-read this book twice now. Marking out things I've found important to myself personally and helpful to others. Overall an amazing read. Always recommend

After searching diligently for a book from my childhood, I happened upon it in an obscure antique shop. "Serendipity!" cried the shopkeeper, but I knew better. The 1984 copy of a Reader's Digest book on classification of North American wildlife sitting before me was not simply an amazing find, a coincidence; I had brought about an incredible manifestation. Three days later, Chris Prentiss's words were a pleasant reassurance that there is more to "coincidence" than most assume. This incredible little book is a reminder that we have the power to bring about what we think about.

15 of 15 people found the following review helpful: Powerful--how to wake up and become aware, October 20, 2007 By Nigel J. Yorwerth "Publishing coach" (Bozeman, MT) - See all my reviews 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. And now it is in a beautiful hardcover gift edition. I am aware that this book has been compared to The Secret. There is a similarity in that they both teach the reader how to change his or her approach to life for the better but the similarity ends there. This is not a book about how to get more "stuff". I have read Zen and the Art of Happiness more than once and think that what it teaches is quite different and far more powerful than The Secret. The Secret, as a book, was essentially the transcript of the DVD. I preferred the DVD where a number of spokesmen described their powerful successes using the Law of Attraction. This will bring positive results for readers but the Zen book and its shrewd insights will take the reader to a brand new level of awareness that will bring them happiness. It 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. Help other customers find the most help

This is a small little book you can slip into your purse, etc. if so inclined. You will definitely learn

some things when reading this book.

I have purchased this book as a gift and worn through the library's copy of it as well. Really great intro to being zen and happy.

I am 59... When I was in my 30s, everything in this book came naturally to me... Now, I have lost my mojo... I recently valet parked (complimentary at a hospital) and this book was on the Valet pedestal. I opened it... The page screamed at me: The Universe Does Not Make Mistakes...wow... So I bought the book. Anyone who had it great, lost their way should revisit via this little reminder book. Maybe , just maybe you will be inspired to get your mojo back. Good luck!

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