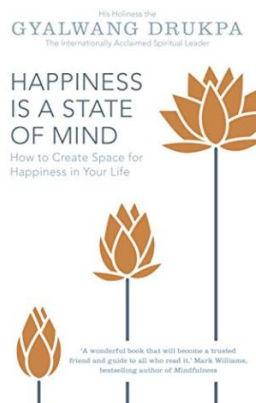


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HAPPINESS IS A STATE OF MIND



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...

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- Authored by Drukpa, His Holiness The Gyalwang
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