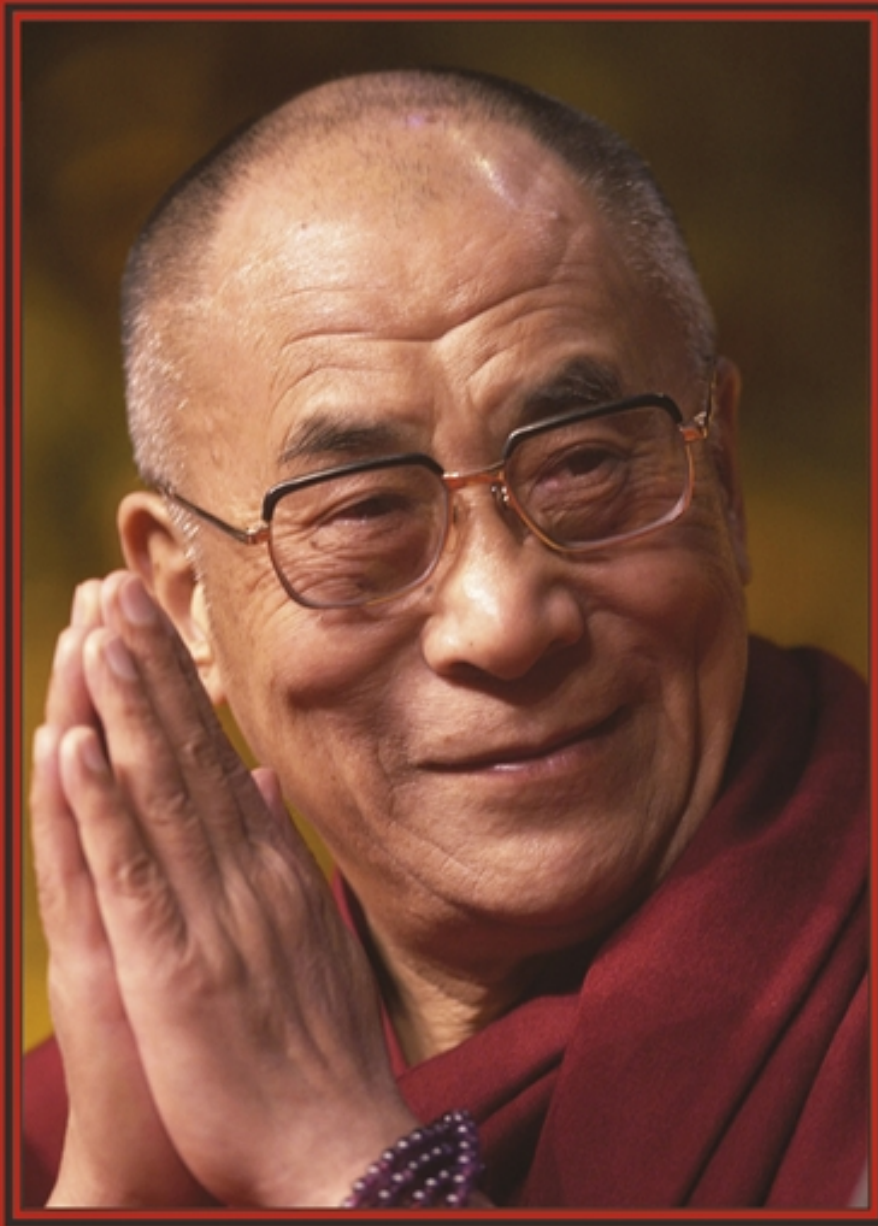
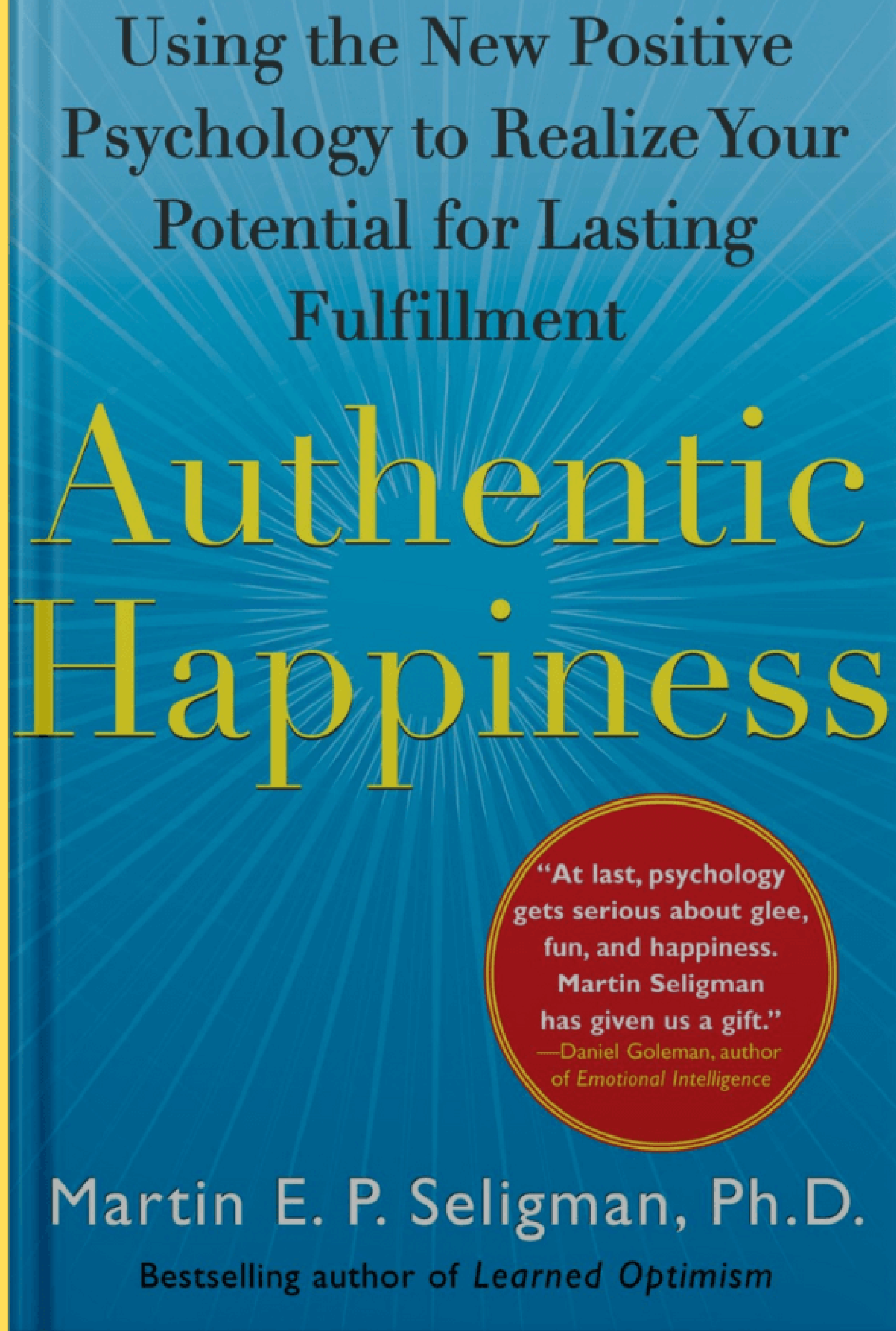


# THE ART OF HAPPINESS IN A TROUBLED WORLD



HIS HOLINESS  
**THE DALAI LAMA**  
AND  
**HOWARD C. CUTLER**

- **Happiness is the purpose of life.**
- **We each hold the key to our own happiness.**
- **Happiness can be achieved by ‘systematical training of our hearts and minds’.**



- **Enduring Happiness (i.e. ‘Authentic happiness’) is the result of paying attention to one’s personal strengths rather than focusing on perceived weaknesses.**
- **Authentic happiness is achieved when an individual is able to use their personal strengths in order to improve every area of their life.**
- **Authentic happiness can lead to new, sustainable joy, meaning, and contentment in aspects of life such as work, relationships, and parenting.**



*NATIONAL BESTSELLER*

# *Stumbling* on **HAPPINESS**

“If you have even the slightest curiosity about the human condition, you ought to read it. Trust me.”

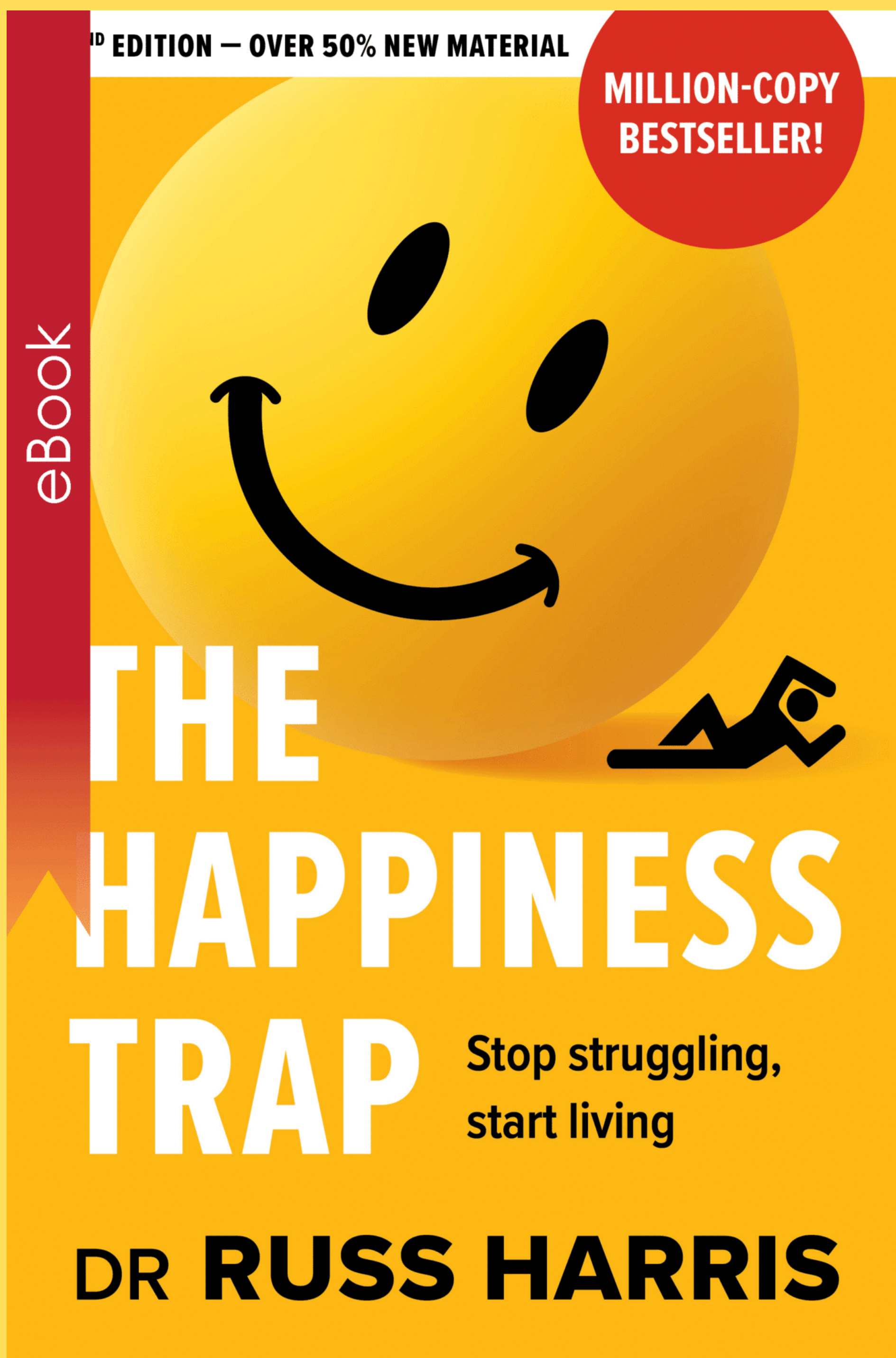
—MALCOLM GLADWELL, AUTHOR OF *BLINK*



## **DANIEL GILBERT**

- All of us wish to be happy, but how do we do so?
- How our brains predict the future and explore whether the brain is able to imagine what it will enjoy.
- Secrets of motivation and Happiness.



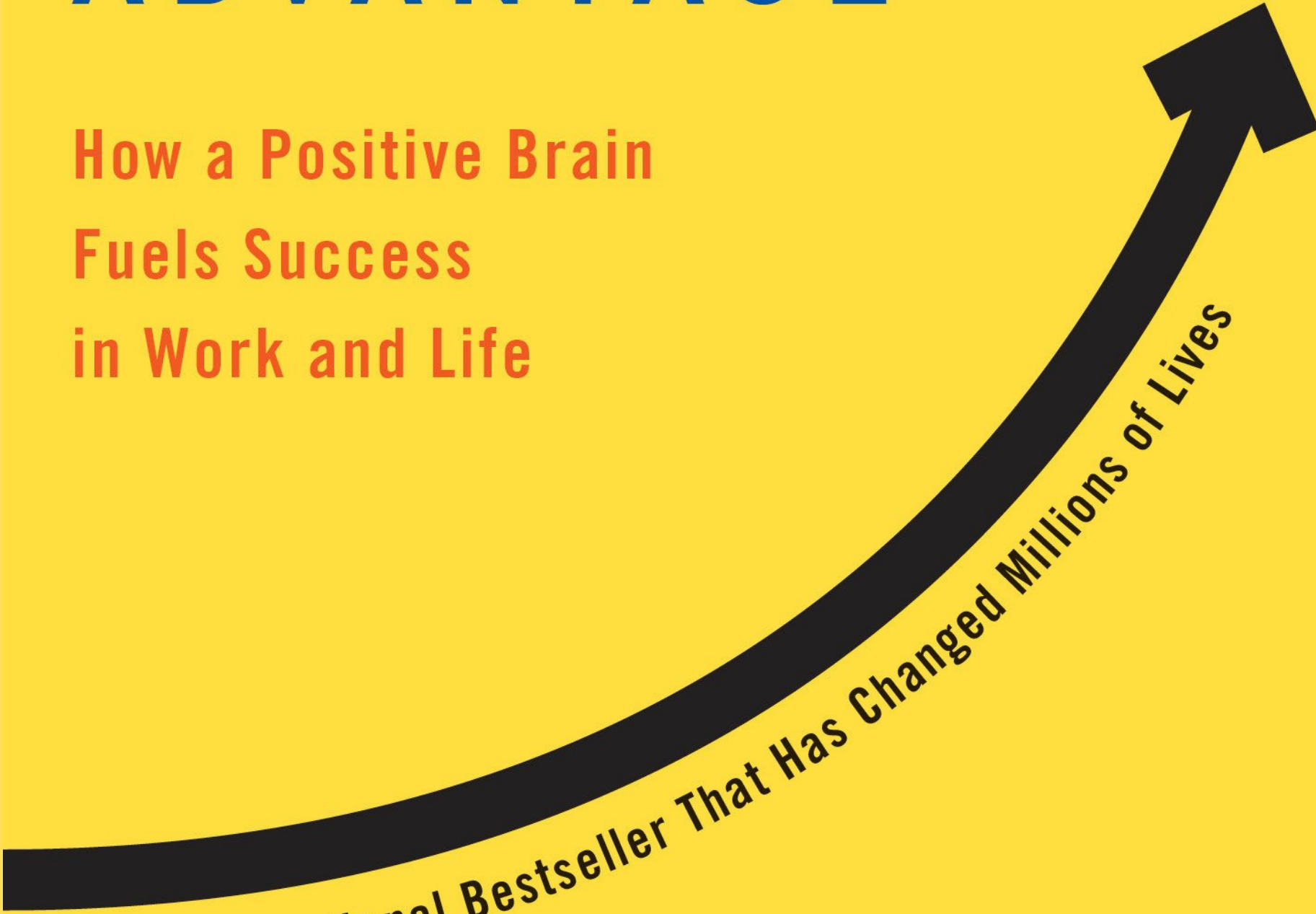


- The more people try and achieve happiness, the more they actually suffer in the long-term.
- ACT is suggested to escape 'The Happiness Trap'
- By making one's values clear and practicing being mindful (in other words, focus on living fully in the present moment), ACT can enable readers to leave the happiness trap behind and discover meaning and satisfaction in their lives.



# THE HAPPINESS ADVANTAGE

How a Positive Brain  
Fuels Success  
in Work and Life



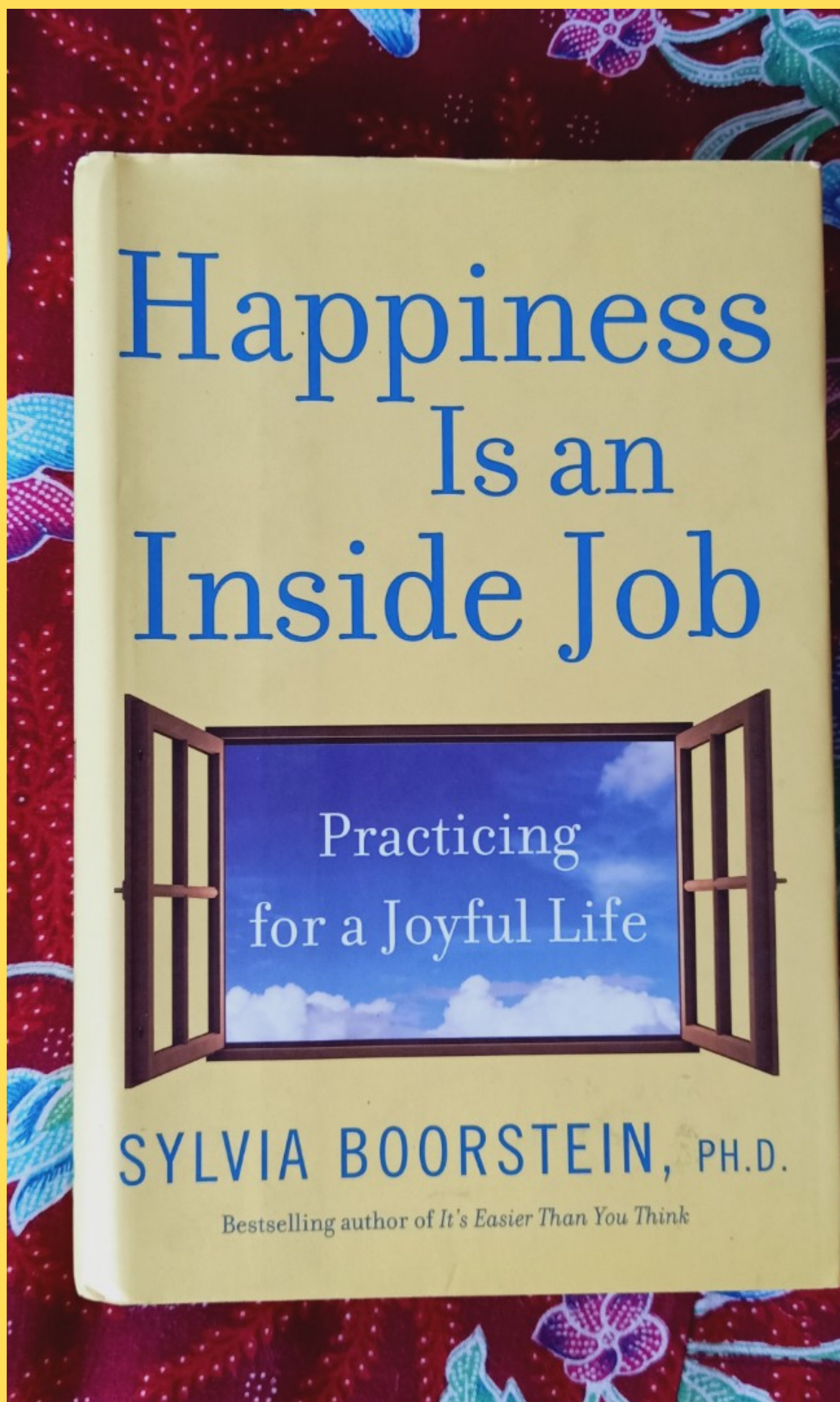
The International Bestseller That Has Changed Millions of Lives

SHAWN ACHOR

*New York Times Bestselling Author*

- Most people are hoping to be more successful and everyone wants to be happy.
- It is a myth that we will feel happy if, and when, we become successful.
- Happiness drives performance and success; when we are more positive- we are also more engaged, more creative, more able to cope with stress, and more productive.





- The ‘secret’s to happiness is to develop and connect with kindness.
- By developing qualities like wise effort, wise mindfulness, and wise concentration we are able to deal with all that we encounter with a sense of balance, intelligence and happiness.
- ‘Happiness is an Inside Job’ that, we all seek to console and love one another and finally, that’s the best way to live happily.