

Beyond Happiness The Zen Way To True Contentment Ezra Bayda

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Beyond Happiness The Zen Way

Beyond Happiness: The Zen Way to True Contentment is a powerful book that shows how our definition of happiness is often misconstrued and illusory. It explains how our entitlements ("life is supposed to be a certain way"), beliefs, always remaining in our heads, being caught in our emotions, and our conditioned behaviors obstruct our path to happiness.

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In Beyond Happiness, Bayda draws on Zen teachings to question our conventional notions about what happiness is and where we can find it. Most of us seek happiness in things that are external to us. We imagine that getting more money, a better relationship, or going on a nice vacation will finally make us happy.

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Beyond Happiness: The Zen Way to True Contentment ADLE ...

Beyond Happiness includes simple meditation and mindfulness practices you can use to access true happiness, including basic sitting meditation, gratitude practice, loving-kindness practice, and the Three Questions practice, in which we ask ourselves: Am I happy now? What blocks happiness? and Can I surrender to what is?

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Bayda (Zen Heart) deconstructs the usual myths about happiness as dependent on external conditions and striving—even spiritual striving—and provides simple practices to encourage contentment ...

Religion Book Review: Beyond Happiness: The Zen Way to ...

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