



Happiness is a State of Mind (Paperback)

By Gyalwang Drukpa

Hodder Stoughton General Division, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. 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? His Holiness the Gyalwang Drukpa reveals that the secret to happiness lies in the mind. Exploring the simple ways we can train our minds to recognise a happiness that is already there, he gives us the tools to embrace an appreciation for life as it is, rather than as we feel it should be, and helps us flourish as individuals, and as part of the wider world. With Happiness is a State of Mind you can choose to make today a happy one.



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