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discouragement.

### **The Art of Happiness Quotes by Dalai Lama XIV**

The Art of Happiness by His Holiness the Dalai Lama and Howard C. Cuttler The Art of Happiness is a fundamental read for anyone interested in navigating through life in harmony with themselves and those around them. "At a fundamental level, we are all the same, each one of us aspires to happiness and each one of us does not wish to suffer.

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The Art of Happiness is not just a mere checklist of some suggested methods to which one should adhere in order to attain happiness. Rather, it is through a spiritual journey with the Dalai Lama that we learn how to live a fulfilling life by seeing his Buddhist and humanistic principles being applied to everyday problems and challenges.

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Howard C. Cutler, M.D., is a psychiatrist, best-selling author, and speaker. A leading expert on the science of human happiness, Dr. Cutler is coauthor, with His Holiness the Dalai Lama, of the acclaimed Art of Happiness series of books, international bestsellers that have been translated into fifty languages.

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The Art of Happiness: A Handbook for Living. Paperback - 8 Nov. 1999. by The Dalai Lama (Author), Howard C. Cutler (Author) > Visit Amazon's Howard C. Cutler Page. search results for this author.

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The Art of Happiness is a book by the 14th Dalai Lama and Howard Cutler, a psychiatrist who posed questions to the Dalai Lama. Cutler quotes the Dalai Lama at length, providing context and describing some details of the settings in which the interviews took place, as well as adding his own reflections on issues raised. The book explores training the human outlook that alters perception. The concepts that

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The Art of Happiness: A Handbook for Living Before talking about the book let's talk about the person behind writing this wonderful book, Dalai Lama and Howard

Cutler.

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Overview. From the authors who brought you the million-copy bestseller The Art of Happiness comes an exploration of job, career, and finding the ultimate happiness at work. Over the past several years, Howard Cutler has continued his conversations with the Dalai Lama, asking him the questions we all want answered about how to find happiness in the place we spend most of our time.

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The Art Of Happiness Summary. January 22, 2016. November 24, 2020. Niklas Goeke Culture, Happiness, Mental Health, Mindfulness, Philosophy, Psychology, Religion, Self Improvement, Society, Spirituality. 1-Sentence-Summary: The Art Of Happiness is the result of a psychiatrist interviewing the Dalai Lama on how he personally achieved inner peace, calmness, and happiness.

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