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ways to achieve happiness through
Buddhist practice. In Theravada
Buddhism, for example, you can
meditate on white skeletons, while
in Mahayana Buddhism, we
cultivate Bodhicitta, and in

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concentrate the mind on the
present moment." - Buddha. 2.
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Buddha's Way of Happiness will help all of us move toward greater degrees of joy, ease, and freedom. Bien's clinical wisdom, scientific rigor, and deep compassion are felt in each page of the book. These ideas and practices have the power to transform our individual and collective lives. The Buddha's Way of Happiness: Healing Sorrow ... □“All living beings”, says the Buddha, “desire happiness and recoil from suffering” (sabbe sattāsukha-kāmā dukkha- paṭikkūlā). □Yet, “what the Buddha calls true happiness, others call it suffering. What others call suffering, the Buddha calls it true happiness”. Pursuit of Happiness: The Buddhist Way The Buddha's Way of Happiness is a guide to putting aside your anxieties about

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