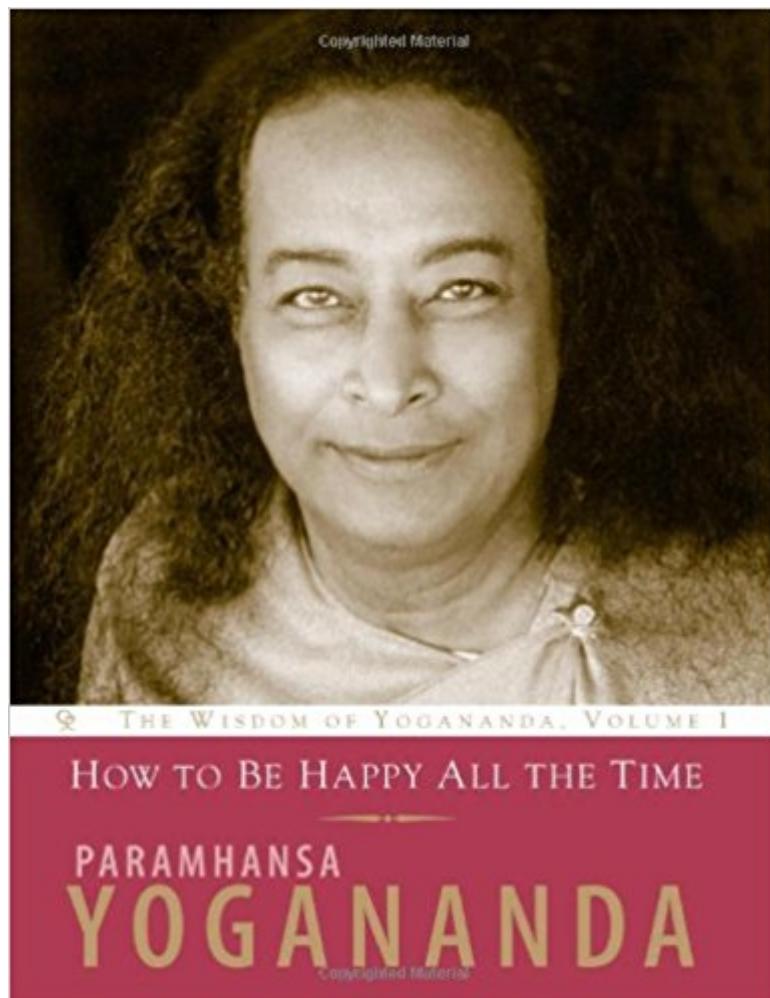


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# How To Be Happy All The Time (Wisdom Of Yogananda) (v. 1)



## **Synopsis**

The human drive for happiness is one of our most far-reaching and fundamental needs. Yet, despite our desperate search for happiness, according to a recent Gallup Poll, only a minority of North Americans describe themselves as ?very happy.? It seems that very few of us have truly unlocked the secrets of lasting joy and inner peace. Now, in this volume of all-new, never-before-released material, Paramhansa Yogananda? who has hundreds of thousands of followers and admirers in North America?playfully and powerfully explains virtually everything needed to lead a happier, more fulfilling life. Topics covered include: looking for happiness in the right places; choosing to be happy; tools and techniques for achieving happiness; sharing happiness with others; balancing success and happiness, and many more. The Wisdom of Yogananda series features writings of Paramhansa Yogananda not available elsewhere. These books capture the Master?s expansive and compassionate wisdom, his sense of fun, and his practical spiritual guidance. The books include writings from his earliest years in America, in an approachable, easy-to-read format. The words of the Master are presented with minimal editing, to capture the fresh and original voice of one of the most highly regarded spiritual teachers of the 20th century.

## **Book Information**

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## **Customer Reviews**

How often have we heard that the quest for happiness is somehow selfish, hedonistic and unworthy? It seems bizarre that most therapists have seen countless people who have felt guilt because they wanted to be happy. Yet the human drive to be happy is a fundamental need that was

recognized by the Ancient Greeks, Taoists in China and Hindus in India, as well as contemporary "Positive" psychologists. It is sad to learn that according to a recent Gallup poll, only a minority of Americans describe themselves as "very happy." It's easy to say, "Well what should we expect? Just watch the news." But that misses the point: most of us have never been taught how to unlock the secrets of happiness, joy and inner peace. Secrets that can help sustain us in the face of adversity. Yogananda's Autobiography of a Yogi has remained a firm favorite since my teens, and many of his other books and lectures have been inspirational. What is always so different about his work is that he clearly writes and speaks from personal experience, unlike so many who only recite what they have heard or read. I did not know just how much material remained unpublished. This short but meaty book consists of material that has apparently never been released before. As with his other books, his approach is powerful, but his style could best be described as rather playful. In just 143 pages, excluding the index and other resources, Yogananda explains virtually everything that you need to know to lead a happier and more fulfilling life. He covers a number of important topics including: 1. Looking for happiness in the wrong place 2. Happiness is a choice 3. Avoiding the happiness 4. Learn to behave 5. Simplicity is the key 6. Sharing your happiness with others 7.

"If you were stranded on a desert island and could have only one book, what would it be?" Well, actually, I'd ask for five - but this would be one of them. This is the best 'how to' book I've ever read. Yogananda's perspective on the human condition will turn your own perspective inside-out (or outside-in). His approach is deceptively simple, but you'll find yourself saying, "Ahhhh, that's why I have that problem." More importantly, he gives simple ways to get out of our ruts, moods, and personal quagmires. I know his hints work, because I've tried them. The chapter titles will give you a good idea of the type of helpful how-to hints in this book: 1. Looking for Happiness in the Wrong Place 2. Happiness is a Choice 3. Avoiding the Happiness Thieves 4. Learn to Behave 5. Simplicity is the Key 6. Sharing Your Happiness With Others 7. True Success and Prosperity 8. Inner Freedom and Joy 9. Finding God is the Greatest Happiness. Here is an excerpt: "Happiness consists in making the mightiest efforts to reduce your desires and needs, and in cultivating the ability to meet those needs at will, always trying to smile, both outwardly and inwardly, in spite of every predicament." Be silent and calm every night for at least ten minutes (longer if possible) before you retire, and again in the morning before rising. This will produce an undaunted, unbreakable inner habit of happiness that will make you able to meet all the trying situations of the everyday battle of life. With that unchangeable happiness within, go about seeking to fulfill the demands of your day. "Seek happiness more in your mind and less in the acquisition of things. Be so happy in your mind that

nothing that comes can possibly make you unhappy.

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