



Happiness: A Guide to Developing Life's Most Important Skill

By Matthieu Ricard

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A molecular biologist turned Buddhist monk, described by scientists as "the happiest man alive," demonstrates how to develop the inner conditions for true happiness.

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Editorial Review

From Publishers Weekly

For millennia, philosophers, writers and artists have sought the key to human happiness. A Buddhist monk and former cell biologist, Ricard offers his own musings about the nature of happiness and tips on how to attain it in his sometimes tedious, sometimes dynamic guide. Happiness, for Ricard, cannot be found in fleeting experiences of pleasure—the joy of a sunny day, the refreshing taste of an ice cream cone, the ecstasy of sex—but only in the depths of an individual's being. Happiness is not self-interested, but rather compassionate, seeking the well-being of others. If we are truly happy, writes Ricard, we can change the world because of our compassion for others and our desire to end hatred and bring happiness even to those we don't like. For Ricard, happiness is a deep state of well-being and wisdom that flourishes in every moment of life, despite the inevitability of suffering. Individuals can, however, learn to minimize suffering in life by practicing moderation in all things, as well as meditation. Meditative exercises that individuals can practice to achieve happiness appear in each chapter. Ricard (*Tibet: A Compassionate Eye*) doesn't have much new to tell us about his subject, but he imbues these reflections with his own deep sense of happiness and verve. (Apr. 12)

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Review

'In a brilliant synthesis of 25 centuries of the wisdom of Buddhism with the neuroscience and cognitive psychology of the twenty- first century, Matthieu Ricard, who embodies both traditions, gives humanity a gift it desperately needs now: a vision of a po

About the Author

Matthieu Ricard is a Buddhist monk, an author, translator, and photographer. He has lived, studied, and worked in the Himalayan region for over forty years. The son of French philosopher Jean-François Revel and artist Yahne Le Toumelin, Matthieu was born in France in 1946 and grew up among the personalities and ideas of Paris' intellectual and artistic circles. He earned a Ph.D. degree in cell genetics at the renowned Institut Pasteur under the Nobel Laureate Francois Jacob. In 1967, he traveled to India to meet great spiritual masters from Tibet. After completing his doctoral thesis in 1972, he decided to concentrate on Buddhist studies and practice. Since then, he has lived in India, Bhutan, and Nepal and studied with some of the greatest teachers of that tradition. He is the author of several books including *The Monk and the Philosopher*, a dialogue with his father; *The Quantum and the Lotus*, a dialogue with the astrophysicist Trinh Xuan Thuan; *Happiness: A Guide to Developing Life's Most Important Skill*; and *Why Meditate?* His books have been translated into over twenty languages.

Users Review

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