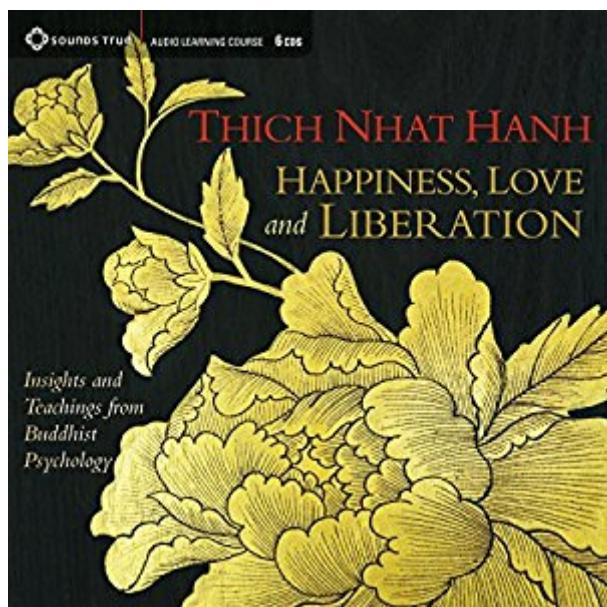


The book was found

Happiness, Love, And Liberation: Insights And Teachings From Buddhist Psychology



Synopsis

Real-World Training in "The Practice of Happiness" with Thich Nhat Hanh. Look deeply into the nature of the mind and you will find the seeds of true happiness and freedom. This was the Buddha's great realization - and it is a discovery that you, too, can make in any moment. With Happiness, Love, and Liberation, you will join Thich Nhat Hanh for seven sessions of advanced teachings and rare insights discovered throughout his seven-decade inquiry into the truths of Buddhist psychology. Understanding the Roots of Suffering - the First Step Toward Freedom. What are the ingredients for a life of genuine happiness? According to Thich Nhat Hanh, happiness only arises through a deep understanding of the roots of suffering - and through the cultivation of joy, love, and compassion that comes with daily practice of mindfulness and meditation. Offering in-depth instruction in applying foundational Buddhist principles backed by modern science, he provides inspiration and support for healing the habits that lead to suffering and opening to the miracle of life in the here and now. From guidance to sitting and walking meditation to an examination of key Buddhist teachings including the Diamond Sutra, the Heart Sutra, and much more, these seven audio-learning sessions are intended to help us release our worries about past and future - and start living with ease in joyful recognition of the gifts of the present moment. Highlights: How mindfulness and concentration generate happiness and joy Meditation as an antidote to agitation and anxiety Four basic breathing exercises for accessing peace at any time Releasing concepts that lead to suffering "Every step a miracle" - the art of walking meditation Our intimate connection to our "spiritual ancestors The evolution of science and philosophy Zen practice: toward a fuller understanding of reality

Book Information

Audible Audio Edition

Listening Length: 5 hours and 55 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: January 1, 2015

Language: English

ASIN: B00QPFNSEE

Best Sellers Rank: #166 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #184 in Books > Politics & Social Sciences > Philosophy > Eastern >

[Download to continue reading...](#)

Happiness, Love, and Liberation: Insights and Teachings from Buddhist Psychology Photo Book of Buddhist Holy Places: (Buddhist pilgrimage sites) (Pictures of ancient Buddhist temples, stupas, shrines and monasteries) (buddha, asian, ... monastery, southeast, east, pilgrimage) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, DalaĀfĀ -LamaĀçâ →Ā| (Buddhism, Bouddha, Buddhist ... & Spirituality, DalaĀfĀ Lama, Zen. Book 1) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology Love and Liberation: Autobiographical Writings of the Tibetan Buddhist Visionary Sera Khandro The Jewel Ornament of Liberation: The Wish-Fulfilling Gem of the Noble Teachings In This Very Life : The Liberation Teachings of the Buddha Mind Control, Human Psychology, Manipulation, Persuasion and Deception Techniques Revealed. (dark psychology, mind control, hypnosis, forbidden psychology, manipulation) BUDDHISM and BUDDHIST TEACHINGS: Ultimate Collection of Texts For Beginners Pure and Simple: The Extraordinary Teachings of a Thai Buddhist Laywoman Chirelstein's Federal Income Taxation: A Law Student's Guide to the Leading Cases and Concepts (Concepts and Insights) (Concepts and Insights Series) The Good Heart: A Buddhist Perspective on the Teachings of Jesus Buddhism: The Complete Guide Of Buddhism, 2nd Edition, Everything You Need To Know To Practice Buddhist Teachings In Your Everyday Life Federal Income Taxation, 12th (Concepts & Insights) (Concepts and Insights) Insights on Romans (Swindoll's Living Insights New Testament Commentary) Mexico-Expatriate Insights (Mexico Insights Book 1) Why I reject Jehovah Witness teachings Checking out the basic history and teachings: From an Evangelical perspective The Buddha's Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon (The Teachings of the Buddha) The Episcopal Way: ChurchĀçâ →â„çs Teachings for a Changing World Series: Volume 1 (Church Teachings for Changing the World)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)