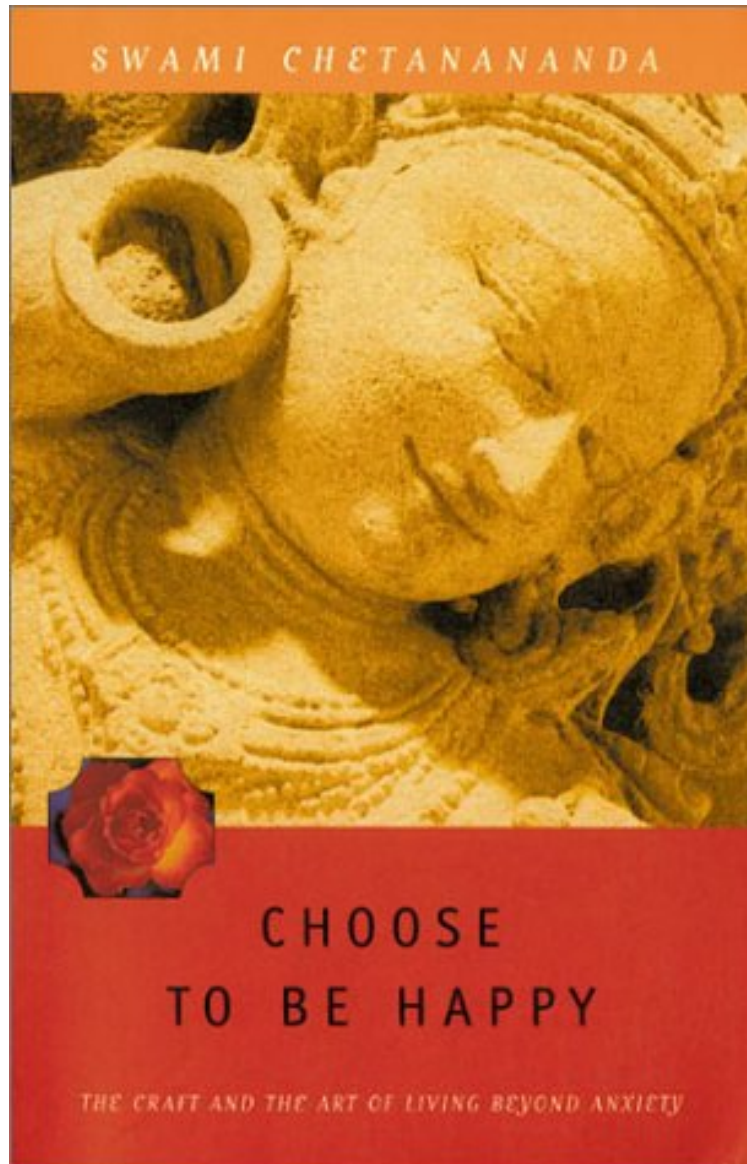


[Ebook free] Choose to Be Happy: The Craft and the Art of Living Beyond Anxiety

# Choose to Be Happy: The Craft and the Art of Living Beyond Anxiety

Swami Chetanananda

ePub | \*DOC | audiobook | ebooks | Download PDF



DOWNLOAD



+

READ ONLINE

#2194838 in Books 2001-12-31 Ingredients: Example Ingredients Original language: English PDF # 1 .74 x 6.16 x 7.94l, #File Name: 0806935634312 pages | File size: 23.Mb

**Swami Chetanananda : Choose to Be Happy: The Craft and the Art of Living Beyond Anxiety** before purchasing it in order to gage whether or not it would be worth my time, and all praised Choose to Be Happy: The Craft and the Art of Living Beyond Anxiety:

0 of 0 people found the following review helpful. Highly recommendedBy C. YonkerBeautiful teachings from an

experienced teacher - well written \*0 of 0 people found the following review helpful. Five StarsBy W. von Germetenexcellent author.1 of 5 people found the following review helpful. One and a half stars because I don't quite hate itBy oregonzenThis book was recommended by a dear friend. The book had so much promise because I do want to do as the title states. Being happy and free from anxiety is awesome. And so is eastern wisdom. However I had to stop reading after 2 chapters and I may chuck it in the trash. This book is written for 30 and 40-something year old privileged white women (the majority of the authors followers?) who go to yoga but can't figure out why buying a Prius and switching to non-fat lattes did not make them happy. I am not such a person. Oh well. Here's the jist of the book so you don't have to buy it: Don't look outside yourself for happiness, it is within.

The power of happiness is in your hands! While no one can control everything that happens, you can decide how to respond to circumstances. Resolve to be happy every day, regardless of the situation, and it will transform your life. Connect to the vitality within yourself with a methodology for continuously deepening contentment; with meditation exercises and mantras that liberate you from harmful habits; and with practices that develop calmness and inner vision. Your new spiritual work will melt the tension away.

About the AuthorSwami Chetanananda articulates his extraordinary spiritual understanding with clarity, humour, and insight gained through 30 years of intense personal study. He is Director of the Nityananda Institute, based in Portland, Oregon, a community dedicated to the active practice of a spiritual life. His other works include Open Heart Open Mind (0806935650) and The Breath of God (0806935618).