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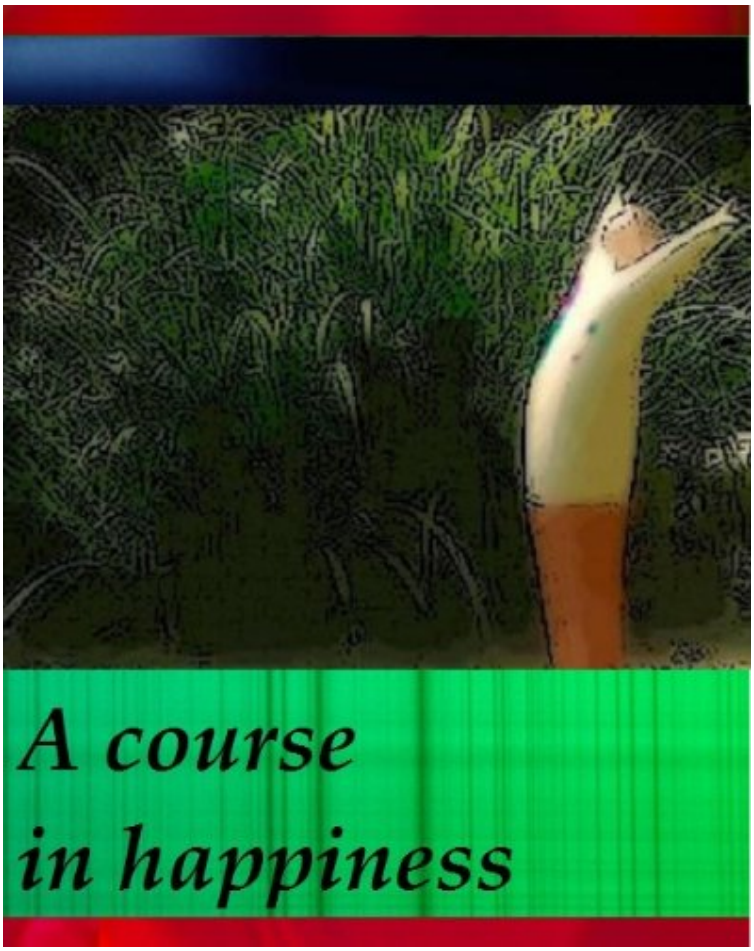
A course in happiness: well-being and personal development (English Edition)



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[Library ebook] A course in happiness: well-being and personal development (English Edition)

Par Frank Ra : A course in happiness: well-being and personal development (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised A course in happiness: well-being and personal development (English Edition):

Description :

Prsentation de l'diteurDo you want to start cultivating joyful living, here and now? Do you want to give yourself permission to be happy? "A course in happiness" is here to facilitate you, both as Kindle book and online course you can take at your own convenience.This book has already made a difference in the lives of thousands of people like you, and it received stellar media coverage in North America, Europe and Asia. It offers tools to assess one's subjective well-being, and approaches to live a happier, purpose-driven and flourishing life. The first eleven chapters of the book are based on AmAre, an acronym which stands for "being": - Aware and Accepting - Meaningful and Motivated - Active and Attentive - Resilient and Respectful - Eating properly and Exercising They also address questions like Is happiness an inside job? Or does it depend on external factors? by thinking in terms of degree of facilitation. Some events are like a weight says Frank, making harder for people to fly; some are like a lift, facilitating people's happiness. However, considering even the way human beings discern between weights and lifts is subjective, happiness is about attitudes and choices, it is not a place to reach through external factors. Topics covered in the book

include: - Happiness is a way of living - Power of context - Being aware of awareness: consciousness matters The author of the book, Frank Ra, is a Dharma instructor and well-being facilitator, has been coaching and working in eCommunication since late 1995; he studied Dharma, Business, and graduated in International Relations and Diplomacy. He is Italian, has spent most of his adult life in North America, England and Estonia, and travelling around the World. He settled in beautiful British Columbia, Canada.=== Testimonials about Frank, his well-being work and this book ==="This book can change your life, as it did with mine. It works better when you share your expanded awareness with people who are dear to you, so you can share the joy".Kai"I was moving to a new city and was gifted this book for the plane ride. I could feel a sense of peace moving across my body as I read through the chapters."Tracy"This amazing book was suggested by a friend of mine who was very impressed by the author(')s "am/are" approach to personal development"."Reading this g(a)ve me more motivation to continue whith the live that i have dealing with my sick parents and praying daily for more energy to continue taking care of them. Thanks for your kin(d) words".Luz"Thank you for the great book"Peter, NY=== Quotes about happiness ===Some people CHASE happiness. And some people CHOOSE happiness... Robert HoldenWhat is the meaning of life? To be happy and useful. Tenzin Gyatso, 14th Dalai Lama I feel that when we really love and accept and approve of ourselves exactly as we are, then everything in life works. Louise HayHappiness is a habit, cultivate it. Elbert HubbardTo be content with what one has is the greatest and truest of riches. CiceroPrsentation de l'diteurDo you want to start cultivating joyful living, here and now? Do you want to give yourself permission to be happy? "A course in happiness" is here to facilitate you, both as Kindle book and online course you can take at your own convenience.This book has already made a difference in the lives of thousands of people like you, and it received stellar media coverage in North America, Europe and Asia. It offers tools to assess one's subjective well-being, and approaches to live a happier, purpose-driven and flourishing life. The first eleven chapters of the book are based on AmAre, an acronym which stands for "being": - Aware and Accepting - Meaningful and Motivated - Active and Attentive - Resilient and Respectful - Eating properly and Exercising They also address questions like Is happiness an inside job? Or does it depend on external factors? by thinking in terms of degree of facilitation. 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Louise HayHappiness is a habit, cultivate it. Elbert HubbardTo be content with what one has is the greatest and truest of riches. CiceroBiographie de l'auteurFrank Ra is the author of the best-sellers (Kindle and paperback edition) "BioHarmonizing" and "A course in happiness". Frank is Associate Producer of Eckhart Tolle's movie Milton's Secret, and facilitator of the Eckhart Tolle Vancouver meetup. Frank is Italian, has spent most of his adult life in North America, England and Estonia, and travelling around the World. He settled in beautiful British Columbia, Canada. He is a Dharma instructor; has been coaching and working in eCommunication since late 1995; he also studied nutrition, business and graduated in International Relations and Diplomacy. Travelling around the World and meeting different cultures, he understood what we need to be happy is already available here and now; we just need to look and see the context with open eyes. He also think that life is the ultimate koan, with hints can be

found both within and outside one's tradition, and the final answer lies only within oneself - or the lack of it as understood in the conventional way. You can contact him on http://www.amareway.org/ In Italian, AmAre means "to love"; in English, interconnectedness: (I)Am (we) Are. AmAre stands for being: A - Aware and Accepting M - Meaningful and Motivated A - Active and Attentive R - Resilient and Respectful E - Eating properly and Exercising You can measure your AmAre Index on http://www.amareway.org/ which also publishes daily updates about spiritual insights and evidence-based research, to facilitate living a happy and meaningful life for the benefit of all beings. It hosts guest-posts from leading researchers and practitioners in different fields, from neuroscience to First Nations' wisdom, from Dharma to positive psychology, etc..