

The Art of Happiness

The Dalai Lama and Howard C. Cutler

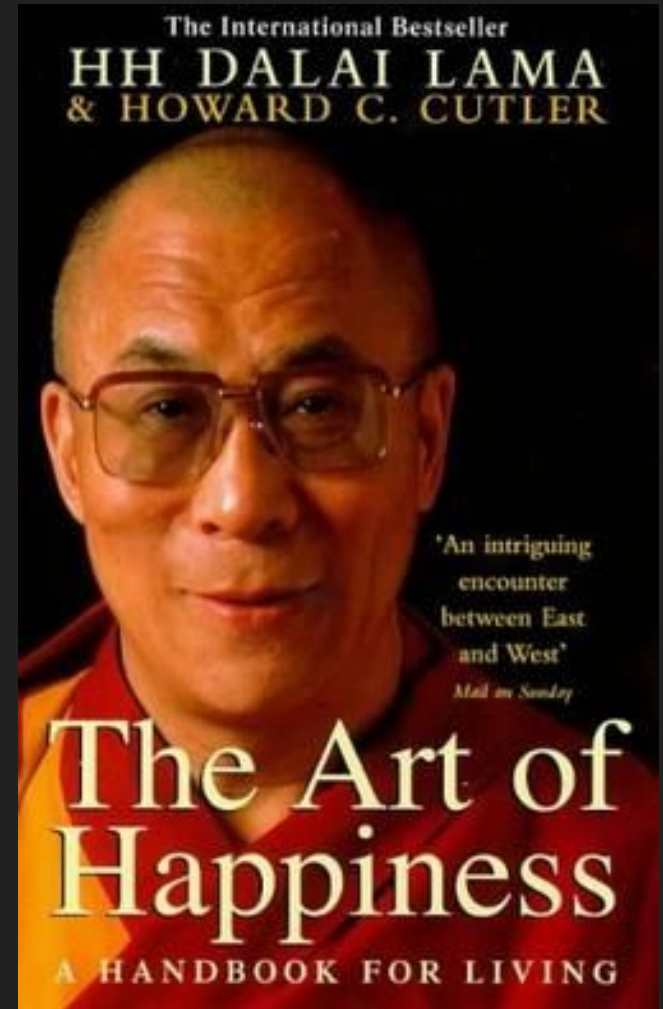
Book Information

Written by The Dalai Lama and Howard C. Cutler

Category: Philosophy, meditation, self-help

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Butler, Octavia E. *Kindred*. Boston, Beacon Press, 2003.





Who is the Author?

Born with the name Tenzin Gyatso.

Born on July 6, 1935

He is the spiritual and political leader of Tibet
(before the Chinese occupation).

He is the 14th Dalai Lama, the reincarnation of
the Bodhisattva of Compassion

What is the book about?

- An introduction to Eastern spiritual traditions to the Western world
- The importance of looking at others with compassion
- How to improve our own lives and be happy





Best Quotes

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

“Although you may not always be able to avoid difficult situations, you can modify the extent to which you can suffer by how you choose to respond to the situation.”

What I learned from the book

- All suffering is essentially the same
We need to treat each other with compassion
- Happiness is not an end, it is a process
- Only through compassion can we truly live happily



Other Important Links

- This is significantly different than Western philosophy, which tends to focus on ways of knowing (epistemology)
- I have found through experience there is truth to the claims in this book
- Focusing on what is good in the world has made me a happier person

Questions?