



The Art of Happiness

A Handbook for Living

Drawing on more than 2,500 years of Buddhist tradition and teaching, the spiritual leader demonstrates how to confront the negative emotions, stresses, and obstacles of everyday life in order to find the source of inner peace. (1573221112)

Language: en

Pages(s): 340

Publisher(s): [Penguin](#)

[Dalai Lama XIV Bstan-'dzin-rgya-mtsho](#)

[Howard C. Cutler](#)

published: 1998

pages: 340

language: en

