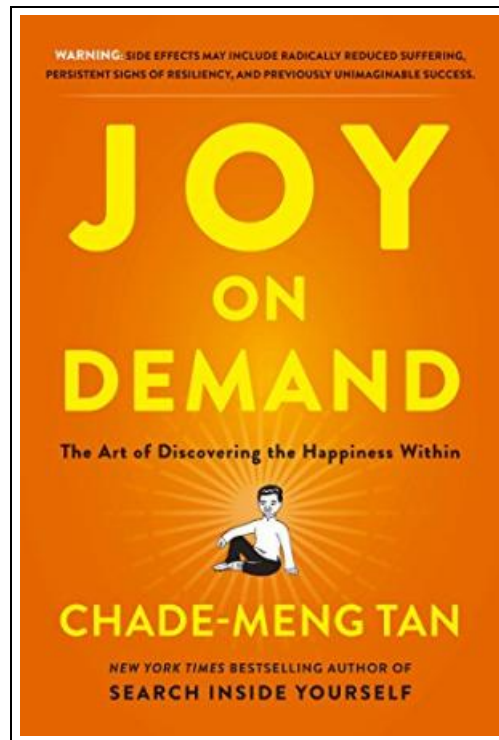


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JOY ON DEMAND



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Condition: New. Publisher/Verlag: HarperCollins US | The Art of Discovering the Happiness Within | A long-awaited follow-up to the New York Times bestselling Search Inside Yourself shows us how to cultivate joy within the context of our fast-paced lives and explains why it is critical to creativity, innovation, confidence, and ultimately success in every arena. | Joy is the root of happiness. Joy is a sustainable state that fuels our creativity and inspiration for innovation. It strengthens our ability to attract friends and to get along with others. Learning to cultivate joy is the fundamental secret to success. In this long-awaited follow-up to the New York Times bestselling Search Inside Yourself, Chade-Meng Tan shows us how anyone, no matter where they are, can access this source of happiness. Meng writes, "If you have been unhappy, or you are happy and aspire to be even happier, know that your happiness set point can be upgraded. I know because I did it, I have seen many others do it, and scientific studies have measured it. Of course, Buddhist monks and other contemplative people have been doing it for thousands of years, but it's not something in the water in the Himalayas, it's something you can do too, wherever you are. I think the main problem is most people aren't aware that it is even possible. Or, if we've heard of it, many of us think it is unattainable so we don't even try. We don't know it's something that every single one of us can learn." The path to joy on demand is through mindfulness, but it doesn't have to be a lot of work, take a lot of time, or require you to abandon all your possessions and live in a hut on a remote island. In Joy on Demand, Chade-Meng Tan reveals the...



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