



# Essence of Happiness

*Dalai Lama XIV , Howard C. Cutler*

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## **Essence of Happiness** Dalai Lama XIV , Howard C. Cutler

Drawn from His Holiness the Dalai Lama's best-selling *The Art of Happiness*, this guidebook contains simple advice on how to achieve lasting happiness in our everyday lives. Going straight to the heart of the matter, each page offers a gem of spiritual wisdom to enable us to defeat depression, anxiety, anger, jealousy and the many and varied emotions that form a barrier to our happiness. Melding the knowledge of 2500 years of Buddhist meditations with modern Western psychology, the book offers spiritual balance and joy, and a source of profound wisdom.

## **Essence of Happiness Details**

Date : Published July 4th 2001 by Hodder & Stoughton Ltd (first published 2001)

ISBN : 9780340824696

Author : Dalai Lama XIV , Howard C. Cutler

Format : Paperback 120 pages

Genre : Nonfiction, Religion, Buddhism, Self Help, Philosophy, Spirituality

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# **From Reader Review Essence of Happiness for online ebook**

## **BookMavenInTheMaking says**

This book is a beautiful summary of Buddhist thought. It will give you a new perspective in life based on all of the pearls of wisdom that it provides.

The words of the Dalai Lama are so brief, simple, educational and to the point, Word to the wise, just read the sections by His Holiness. I mean - why would you need somebody like Cutler messing with perfection. Give me a break.

I'll give this 4 out of 5 stars.

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## **Jenny says**

Everything the Dalai lama says is worth listening to.

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## **Deva McLean says**

### **Open the Mind**

The book was very enlightening. Statements were thought provoking and presented an opportunity for self-awareness. Positivity within ourselves needs to be fed. Negativity should starve. It should never be fed. Fasting is required. Eliminate hate from your diet.

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## **Louis says**

I was expecting a more coherent, spun-out texts rather than scattered fragments of insights. It bothered me, but only because it seemed to touch the surface, not the depths. A more practical addendum to each insight, would have made the text flourish.

With that said, TEOH is a beautiful read, with the compassionate vision of the Dalai Lama shining through. I am looking forward to reading more written by him.

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## **zero last says**

This book is simply amazing. When ever I am troubled or feeling lost in this world, i turn to this book to brighten up my day.

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### **Abigail says**

Good book overall. I feel like it could get a little repetitive but it still had a lot of good tips

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### **Robert says**

The things we cling to make us most unhappy. Things are thoughts, actions, ideas, things, emotions etc. Let go and be happy. Do the things that encourage a happier life.

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### **Emma says**

I didn't like the narration of the introduction, but the remainder of the audiobook was a good short introduction to the philosophy of the Dalai Lama. Relaxing, slow pace and a good message of respect and tolerance.

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### **Phillip Lowrie says**

A wonderful little pocket book. A collection of teachings on happiness and joy. One of the important lessons i learned dealt with training your mind to focus on strengthening seeds of positivity which leads to a diminishing of negative thoughts. Easy to read and digest in small doses. I promise every page you read will brighten your day. You can just feel how much love and happiness he has in his heart.

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### **Andrea Angella says**

The message of the book is very important. I recommend you to read the full book instead of this one.

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### **Marie Low says**

This book was a short, concise, and inspiring summary of what I am learning from my meditation practice. It's less than 2 hours long on audio. I found that practically every sentence in this book was meaningful to me. It is a really nice complement to what I've learned from my meditation app.

I strongly recommend this to anyone who is working on mindfulness, compassion, acceptance, and happiness!

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### **Danie says**

This book is the condensed version of The Art of Happiness. It is a good basic book on Tibetan Buddhist practices of compassion, emptiness, equanimity, etc., which can, with practice and time, lead to happiness. I highly recommend as an introduction to Tibetan Buddhism, or a refresher for those more acquainted with these concepts.

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## **Carlyn Brody says**

I'm a Buddhist but I'm not a practicing one. I don't know much about the religion at all. I'm a Buddhist because my parents are Buddhists. We're Laotian and it's the main religion of Laos. My parents occasionally go to the temple to pray and that's mixed with the cultural aspect too. Going to temple is a good opportunity to mingle with other Lao people and eat food after the prayer sessions. I think my parents are not that religious but there's some Buddhist influence in how they interact with the world.

You may wonder about my ignorance over my religion, my answer is that while I did attend temple many times when I was growing up, I never learnt much about the religion at all. Whenever we went to temple, the adults would go pray while the head monk would chant something in Laotian and all the kids just played outside until it was lunch time or they would be in the Lao language school. Also, there is no baptism involved in Buddhism so it was not like I was on a path to follow Buddha.

I wanted to read The Art of Happiness to learn more about Buddhism. The Art of Happiness was written by Howard C. Cutler who is a clinical psychiatrist. He had a series of interviews with the Dalai Lama on the subject of happiness. Cutler wanted a Buddhist perspective on how to achieve happiness to compare with western notions on happiness.

The book features quotes from the Dalai Lama and some meditations, along with statistics and observations by Cutler.

It became apparent while reading this book the depth of the discussion on happiness. I found the prospect of reviewing the book to be an overwhelming task. My reluctance is also due to the fact that I identify as a Buddhist but do not have any real understanding of the religion but wanting to do justice to Buddhist teachings.

The book is divided into four parts with three or four chapters exploring an aspect of the human psyche such as self esteem and suffering. The main ideas that I got from this book is that everyone has a right to happiness, suffering is part of being human and that one should be kind to oneself and others. I think those themes are apparent in most religions but I think Buddhism is more philosophical and less doctrinal about it.

The Dalai Lama answered questions thoughtfully and I thought that many of his answers were practical solutions bordering on psychology. The focus for Buddhism is enlightenment which does involve training of the mind through meditations and stopping negative thoughts and actions after all.

What was most thought provoking for me was the chapter relating to anxiety. They described many forms of anxiety but this instance was the most poignant for me. Cutler and the Dalai Lama discussed whether the Dalai Lama got nervous before making public appearances. His holiness said he did and that he overcomes it by reminding himself that his efforts to help people are sincere and he tries his best. He also mentioned how people come to him expecting miracles and cures. The Dalai Lama cannot give people miracles but he tries his best to comfort people as best he can which gives some people peace.

Cutler later related the story to a young student who was suffering from social anxiety. The student he had the advice in mind when he wanted to ask out a girl. He was nervous but remembered that his intentions were good which helped to ease his nervousness. The student didn't get the date but he was content that he had tried and that was enough for him.

I tend to be an over thinker and worrier especially when I have to do something out of my comfort zone. So, that advice your good intentions and trying your best gives me some comfort. While the book wasn't a life changing read, I was glad that I read it. I think it is one of those books where you gain a new understanding each time you read it. I wonder what I will learn next time

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## **Summer says**

I've been wanting to read some of the works by the Dalai Lama for a while, although John Oliver's recent interview put that more into the forefront of my mind. I didn't realize that this was a condensed version of another book or that this was simply a book of quotes. This might not be an issue for some people but I felt like this just wasn't a good starting point for me.

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## **William Munn says**

Short, succinct, and relevant. One of the most interesting bits comes near the end. It talks about showing respect for other religions (and non-religions) and how vital it is for everyone to respect each other regardless of how personal viewpoints may conflict. I recommend regardless of religious persuasion. The book shows more how we are alike rather than different.

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