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Happiness Is An Inside Job: Practicing For A Joyful Life



Synopsis

How can we stay engaged with life day after day? How can we continue to love?—keep our minds in a happy mood—when life is complex and often challenging? These are questions that Sylvia Boorstein addresses in *Happiness Is an Inside Job*. In more than three decades of practice and teaching she has discovered that the secret to happiness lies in actively cultivating our connections with the world, with friends, family, colleagues—even those we may not know well. She shows us how mindfulness, concentration, and effort—three elements of the Buddhist path to wisdom—can lead us away from anger, anxiety, and confusion, and into calmness, clarity, and the joy of living in the present.

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Customer Reviews

Starred Review. From renowned Buddhist teacher Boorstein comes a small, polished gem of a book that seems somehow even more intimate and heartfelt than her previous books *Pay Attention*, *for Goodness' Sake* and *It's Easier Than You Think*. Boorstein begins with an anecdote about a day when her writing was interrupted by a call from a friend with a very ill brother; the effort of consoling her made Boorstein forget what she had been about to write. Boorstein uses her moment of resentful impatience at the interruption to illustrate how easily the mind can fall out of caring connection. The whole idea of this book, she writes, is that restoring caring connection... and maintaining it when it is present, is happiness. This insight is a jumping-off point for Boorstein to explore three planks of the Buddhist path: wise effort, wise mindfulness and wise concentration. Her

quiet insistence that the Buddhist practices of mindfulness, meditation and metta (lovingkindness) can quiet the mind, deepen concentration and lower anxiety is both convincing and inspiring. (Dec. 26) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.
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#1 SAN FRANCISCO CHRONICLE BESTSELLER
"A wonderful book, heartwarming and wise, that conveys the essence of what the Buddha taught in the voice of a gifted storyteller, teacher, friend, and compassionate human being."
"Sharon Salzberg, author of Lovingkindness"
"Sylvia Boorstein's lessons, gleaned from a life of internal reflection and mindful teaching, are delivered with such openness, love, and affection that it feels as if you are sitting with Sylvia in her living room soaking in the wisdom of an enlightened friend."
"Daniel J. Siegel, M.D., author of The Mindful Brain"
"This book will convince you that your own happiness really is much more available to you than you may have thought."
"Jon Kabat-Zinn, author of Coming to Our Senses"
"Should be required reading for all human beings."
"Stephen Cope, author of The Wisdom of Yoga"
"Reading this wonderful book is like having a heart-to-heart with Sylvia. It is wise, warm, and full of great stories that will make you smile. Best of all, it will cheer your spirit by showing you how to practice happiness."
"Jack Kornfield, author of A Path with Heart"

"Life is an ongoing series of changing circumstances to which human beings are continually called upon to respond. What the Buddha taught is that we could respond happily," writes Sylvia Boorstein. How we respond to life's events do form the basis of our happiness, and often that unhappiness is rooted in unskillful responses to those incidents. We "fight our experiences" instead of just being with them, which prevents us from being happy. In these struggles, we want things to be other than they are, hence comes our suffering. We straightforward language, Boorstein is able to provide a prescription for being happy, and that simply is to "meet the present moment fully, and meet it as a friend." Our discontent comes from wishing that things were other than they are. Buddhist practice makes it possible for us to accept and be as things are. Boorstein's book is an excellent, easy-to-read overview of how to quit the fight against the moment and just be.

This book is awesome! I wish they had found a better title for it because, "Happiness Is An Inside Job" sounds like just another inane self help book, which this is certainly NOT. My copy is so highlighted that the pages are wrinkly. Sylvia has a gift for communicating calmness and inspiring

the willingness to walk through difficult times, rather than fighting, avoiding or trying to fix them. Words can't describe how much this book has helped me deal with my Dad's Alzheimer's and his slow disintegration into a vegetative state and ultimately death. Thank you, Sylvia, and for heaven's sake, keep on writing.

Extremely good guide to understanding mindfulness and ways to meditate to achieve happiness. I am new to this and this book helped me understand better.

Boorstein is someone whose essays I've enjoyed reading time and time again in the Shambhala Sun (now Lion's Roar) magazine, so it was a no-brainer when I came across Happiness Is an Inside Job. I knew I wanted to read it. I did. It didn't grab me. I would say that it fell a bit short of both my expectations (rooted in past experience with her writings) and the thoughts I held in general about what the book may speak to: happiness. The title itself doesn't seem fitting to the content, which read more like a mindfulness guide that show you a potential way out of the habits of one's mind. I often wondered, "But where's the journey to happiness?" I get that one is more likely to encounter happiness with a clear mind; however, the title pointed in a single direction that was not singly focused on in the writing. To that end, it was simply okay. I'll continue to enjoy Boorstein in Lion's Roar, but I am less likely to be moved to read another of her books.

Having read maybe over 40 books like this in the last few years, this one was one of the best. I don't know if having read all the others, I was primed and more available. But I don't think that was it. I think it's just good, clear, writing, nice use of stories, nice connection to real-life examples, and a hopefulness that I found really wonderful. It was one of the more positive books, in some sense, that I've read in this Buddhist psychology realm. I really think it's at least worth trying the free sample on Kindle to see if you like her particular style.

GREAT LESSONS TO BE LEARNED HERE.

I started reading this book again recently, and was delighted to become reacquainted with Sylvia Boorstein's simple approach to applying Buddhist principles to life's daily conundrums. Her personal stories, sprinkled with humor, help translate these concepts into a primer for everyday living.

This book has transformed my thinking and as a result my life! I would highly recommend this

book. She shares stories that we can relate to and made me feel like I can truly make a change on my path to more positive thinking and a positive life.

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