



The Buddha's Way of Happiness

by Caitlin Moran



I did not like the book and found it hard to stay with as it was too concrete and wordy. It failed to invite the reader to consider his own definition of happiness.

I did, however, like his attempt to define love: "the intention to understand others deeply and kindly."

~ **Dr. Michele Winchester-Vega**



From a Western cultural perspective, the book was disappointing, despite the alluring title. The author takes too long, uses unfamiliar language and abstract teachings to try to get the reader to embrace the idea of being happy.

Bien suggests that the reader must practice to be present and find the hidden association between attachment and suffering. I do like the idea that happiness is the absence of envy, despair, craving, anger, doubt, worry and the ability to let go. The question is, can the reader accomplish this without a guide, mentor, coach or therapist? ~ **Diane Light-Spiro**



Even though this book has many great ideas, I found it a bit frustrating.

Many of us are feeling hurried, and pushed and pulled in many directions, which makes it difficult to take a "mental health vacation" in order to do the exercises suggested in this book. If only we collectively could stay in the moment, perhaps finding happiness wouldn't be yet another chore. ~ **Nancy Arocho-Mercado**



I liked the premise of the book, to help everyone find happiness. This is a core concept we all search for and some struggle to find.

I appreciate the notion that we are all responsible for our happiness. This is something I work on in both my personal life and with my clients. However, I didn't particularly like the way in which the book was written. At times I felt it was repetitive and lengthy. ~ **Victoria Sullivan**



In a society where the majority of people are overcommitted, overstressed and overstimulated, the concepts of this book show how to be happy in spite of the chaos around us.

The author takes some common concepts toward being emotionally balanced and pairs them up with exercises and meditations to help the reader remember that the only moment to make choices and change is in the present. It teaches how to let go of the past and avoid living in the future.

The sections of the book about mindfulness and avoidance of the "traps of self" were especially valuable. The same is true for the "steps of emotional care." This would be a beneficial read for anyone wanting to find inner peace through truly being present and open to everyday opportunities for happiness and healing.~ **Donna Celentano**