



# The Essence of Happiness: A Guidebook for Living

*His Holiness the Dalai Lama, Howard C. Cutler*

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The Dalai Lama inspired millions around the world with his wisdom and compassion in *The Art of Happiness*. Now, in *The Essence of Happiness*, further moving insights from His Holiness are here.

Offering sage advice on defeating day-to-day depression, anxiety, anger, jealousy, and other emotions that get in the way of true happiness, *The Essence of Happiness* contains transforming reflections on how to overcome suffering and obstacles to create a fulfilled, joyous life.

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