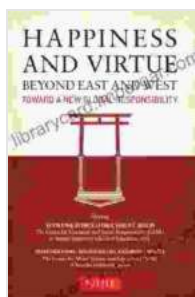


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Happiness and Virtue Beyond East and West: Toward a New Global Responsibility by Bernice Lerner

★★★★☆ 4.4 out of 5

Language : English
File size : 2227 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 260 pages



Through a series of thought-provoking chapters, the book explores the fundamental principles that govern human happiness and virtue, including:

- The nature of happiness and its various dimensions
- The role of virtue in achieving lasting well-being
- The importance of mindfulness and meditation practices
- Overcoming negative emotions and cultivating positive ones
- Building meaningful relationships and fostering a sense of community

Enlightening Perspectives from East and West

The book seamlessly weaves together the wisdom of Eastern philosophies and the insights of Western science, offering a comprehensive understanding of human nature and the pursuit of happiness. You will encounter:

- **Eastern philosophies:** Explore the teachings of Buddhism, Taoism, and Confucianism, which emphasize the importance of compassion, mindfulness, and living in harmony with nature.
- **Western science:** Delve into the latest research in positive psychology, neuropsychology, and social psychology, which provide evidence-based practices for cultivating well-being and flourishing.

Personal Anecdotes and Practical Applications

"Happiness and Virtue Beyond East and West" is not merely a theoretical exploration but a practical guide that empowers you to apply ancient wisdom and modern science to your daily life. Through personal anecdotes and inspiring stories, the book demonstrates how the principles of happiness and virtue can be integrated into our actions, thoughts, and relationships.

Prepare to transform your life as you discover:

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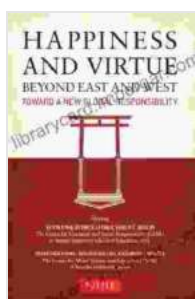
Embrace the wisdom of East and West, and discover the path to lasting happiness and virtue. Open the pages of "Happiness and Virtue Beyond East and West" today and embark on an extraordinary adventure that will inspire you to live a life of purpose, meaning, and joy.

HAPPINESS AND VIRTUE BEYOND EAST AND WEST TOWARD A NEW GLOBAL RESPONSIBILITY



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TUTTLE



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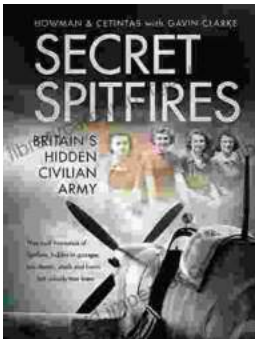
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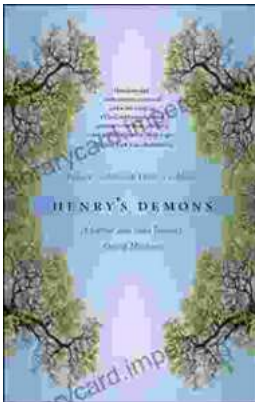
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