



Zen and the Art of Happiness

Chris Prentiss

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You'll learn how to adapt to life's inevitable changes, how to deal with stress in a healthy way, and how to nurture a mindful happiness in your daily life. Most importantly, the gentle wisdom of *Zen and the Art of Happiness* will show you how to invite magnificent experiences into your life and create a personal philosophy that will sustain you through anything. A timeless work about the art of happiness, the way of happiness, the inner game of happiness. This popular work has been published in more than 20 countries around the world.

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