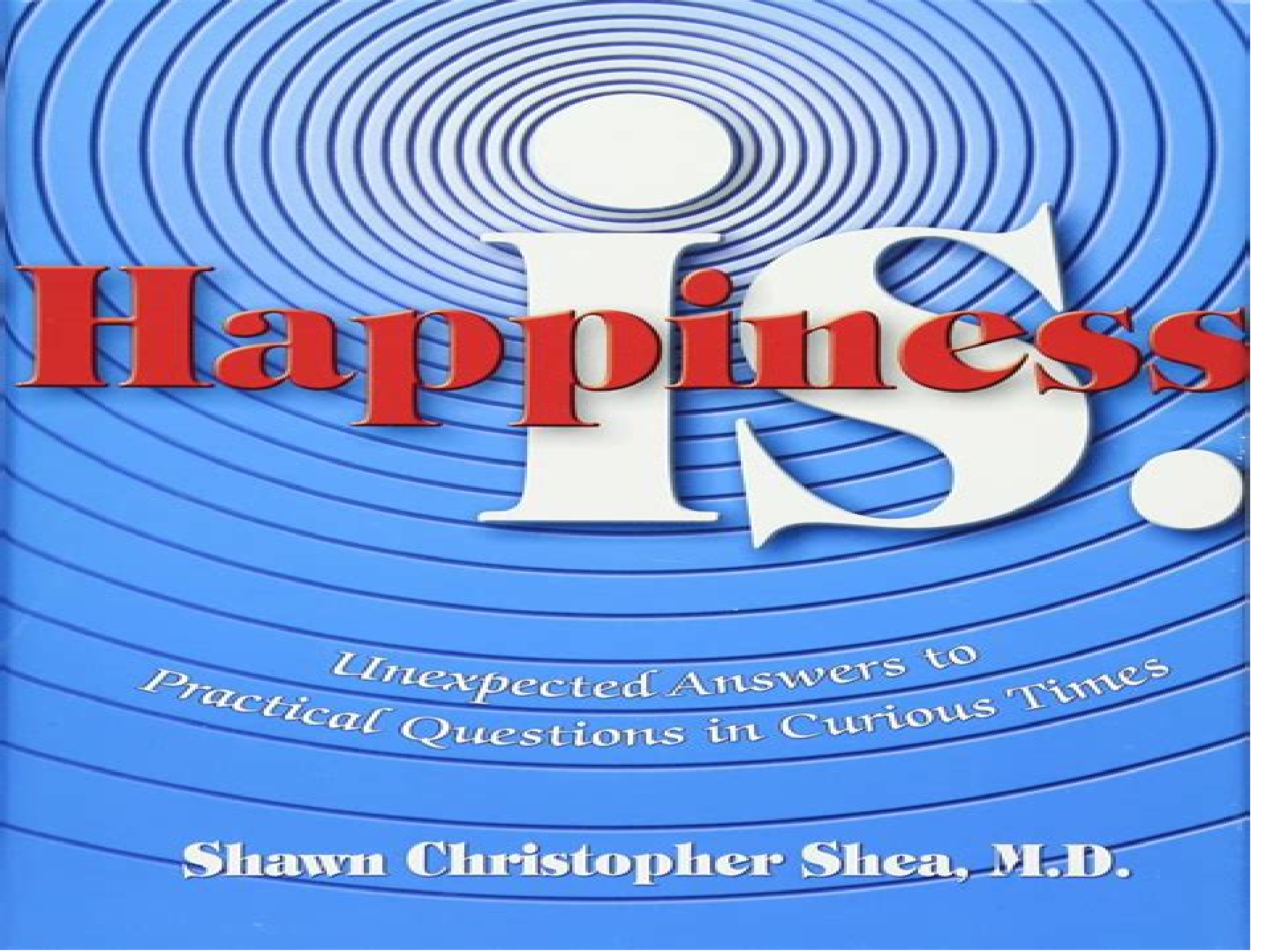


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Happiness IS.

*Unexpected Answers to
Practical Questions in Curious Times*

Shawn Christopher Shea, M.D.

Happiness Is Unexpected Answers To Practical Questions In Curious Times

K Morrison



Happiness Is Unexpected Answers To Practical Questions In Curious Times:

Happiness Is. Shawn Christopher Shea, 2004-10-01 In this highly entertaining and literate book Shawn Christopher Shea takes us on a provocative journey into the world of practical philosophy applied spirituality and everyday psychology. Calling upon more than twenty years of clinical experience, fifty years of navigating life's ups and downs, and an array of thinkers and pop icons from Alan Watts to Albert Einstein, Billy Graham to Bob Dylan, the Dalai Lama to the English mystic Julian of Norwich, he weaves a gentle compassion and a tart wit into this compelling look at human nature and our never-ending quest for happiness. Not content with traditional stereotypes of happiness, Shea is on a search for a tougher happiness that is present and revitalizing even during times of stress, loss, and pain. He begins with the intriguing twist that happiness is not so much a feeling as it is both an attitude and a feeling. He shows how to distinguish between success and happiness, emphasizing the importance of embracing life as a series of moments to savor as opposed to a series of goals to achieve. For Shea, happiness is determined within each moment by five interacting processes: our biologies, our perspectives, our relationships, our environments, and our spiritual quests. These five interacting, constantly shifting processes give happiness its fluid nature; change one factor and you change them all. This matrix effect explains why happiness is often elusive and fleeting. It need not be so. Using the human matrix, Shea shows what it is that limits our ability to find happiness and what it is that allows us to transcend those very same limits. Shea demonstrates how an understanding of this human matrix can be used to forge a resilient and enduring attitude of trust and a resulting feeling of confidence and compassion, a combination we call happiness. Written with elegance, wit, and a disarming playfulness, Shea's surprising answers to difficult questions are not so much things to do as they are creative ways of thinking, fresh manners of conceptualizing, and innovative approaches to understanding human nature, all of which are invaluable tools for finding our own unique answers to the puzzle of happiness. A bold, dazzling, and wonderfully fresh antidote to the simplistic platitudes so common in the self-help books of today, Shawn Christopher Shea pulls on everything from his clinical practice to arcane philosophy to pop culture as he poignantly answers a most modern question: If we're so successful, why aren't we happier? The end result is deeply affecting, often funny, and always instructive. Destined to inspire an entire generation with the excitement and happiness to be found in the nurturance of compassion and the quest for meaning, Paul Farmer, M.D., Ph.D., Harvard Medical School. Following in the groundbreaking footsteps of M. Scott Peck's *The Road Less Traveled*, Shawn Shea guides us down the road to happiness in his insightful and engaging book. I found it very compelling. Jack Canfield, Co-creator of *Chicken Soup for the Soul*. This book is in a very special group of works that springing from clinical experience and wisdom moves to expand with wondrous insights the life of all those it touches. Juan E. Mezzich, M.D., Ph.D., President Elect, World Psychiatric Association. A remarkable achievement that is a wonderful blend of science, philosophy, clinical wisdom, and personal anecdote. Using a writing style that is enjoyable, engaging, and incredibly effective, Shea has crafted a book that will have an impact and make a difference in many, many lives. It will

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Zany, Zeal, Zeat and Zing Zaibun Nissa Siraj,2008 Written in a pragmatic yet inspirational style this book provides relevant and useful information on happiness It includes a brief history of happiness and motivates readers to apply strategies related to happiness in their day to day life It also discusses the benefits of being happy and the consequences of being unhappy The strategies are listed under the headings Zany Zeal Zest and Zing Each chapter is unique and will be of great interest to readers Book jacket **American Book Publishing Record** ,2003 Hacking Happiness Penny Locaso,2020-08-28 Learn to love uncertainty and shape the future you want You have a successful life a professional career nice home maybe kids or even a dog so why are you so damn unhappy Spread so thin at work nothing gets the attention it needs tasked with leading others through rapid change you re not sure where you re heading yourself Disruptive technology catastrophic global events and increasing mental health problems means your secure and linear pathway to happiness no longer exists Success today is not about the perfect plan to achieve more manage change and mitigate risk Our brave new world is calling us to throw out any rulebook and leap into what we fear most the unknown That s exactly what Penny Locaso did when she turned her life upside down to tackle our happiness deficit problem She emerged as the world s first Happiness Hacker and the inventor of the Intentional Adaptability Quotient a quantifiable method for individuals and organisations to become more skillful at and even relish adapting to rapid change Welcomed by business leaders worldwide IAQ catapulted Penny to prominence as a TedX Talk star and faculty member at the acclaimed Singularity University by showing that in our highly disruptive present we must embrace instability and complexity to achieve clarity purpose and the sense of meaning that brings real joy Learn how experimentation danger and even failure are crucial to happiness and success Take courage and focus on what you re avoiding not what you re missing Reskill yourself and others to accept and even enjoy uncertainty Explore your IAQ focus courage curiosity accountability connection experimentation and reflection This book is an opportunity to look at work and the world through a new lens and see that by surfing on the edges of our comfort zone we professionals leaders everyone can intentionally adapt to create a successful and fulfilling future

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