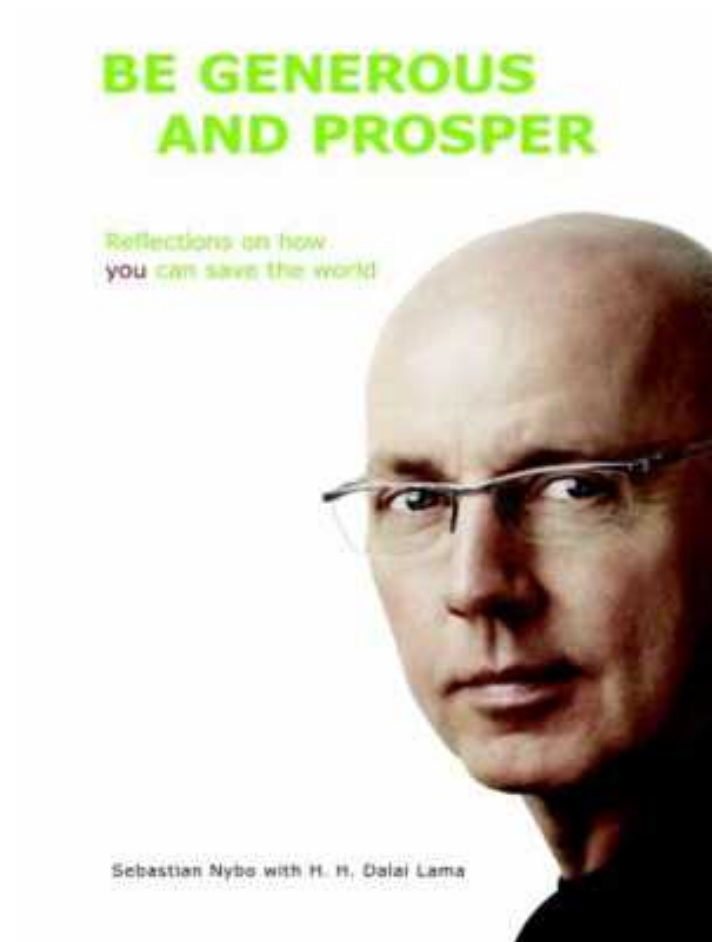


Be generous and prosper PDF

Sebastian Nybo



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BESKRIVELSE

More and more people feel so overwhelmed by the trouble the world is facing today that they don't know where to begin – so they do the worst thing of all – NOTHING. We have become our own worst nightmare. The good news is that you can save the world – and prosper – just by being you. It is so simple. Stop complaining about how bad it is and start utilizing your circle of influence instead. It is not important how much you do. What matters is that you do the best you can with what you have. One person, one nation, or even one continent cannot solve the serious trouble that the world is facing today. We all must pull together – all 6.8 billion of us. It seems as if the world is spinning out of control with financial crises, climate change, and wars. Everywhere you look, something crazy is going on. We have become obese, overloaded with information, and most of us have lost track of why we are even here. How can we regain a meaningful life? That is the core question that Sebastian Nybo examines in this book, and his answer is as simple as it is efficient: Just be true to what you know is right. He believes that we all have an ethical awareness encoded in our DNA and that this innate ability can serve as a behavioral compass in our everyday lives. The key is to understand that you have to believe it in order to see it. Sebastian Nybo has included a series of interviews that he conducted with His Holiness the 14th Dalai Lama, who is an outstanding example of someone who has really tried to do the best he can with what he has – regardless of the odds. Sebastian Nybo has woven together the wisdom and spirituality of His Holiness with his own knowledge of human evolution and positive psychology, and thereby created a powerful antidote to the stress of modern life.

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BE GENEROUS AND PROSPER

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