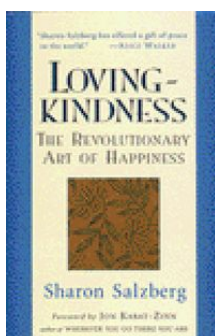


# LOVINGKINDNESS: THE REVOLUTIONARY ART OF HAPPINESS

Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing. But these feelings can also awaken in us the desire for freedom and the willingness to take up the spiritual path. In this inspiring book, Sharon Salzberg, one of America's leading...



## READ/SAVE PDF EBOOK

### Lovingkindness: The Revolutionary Art of Happiness

Author	Sharon Salzberg
Original Book Format	Paperback
Number of Pages	193 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	4.71 MB

Click the button below to save or get access and read the book Lovingkindness: The Revolutionary Art of Happiness online.



## Peek Inside the Book

Conventional transitory happiness carries a subtle undercurrent not only of loneliness but also of fear. When things are going well, when we are experiencing pleasure and are getting what we want, we feel obliged to defend our happiness because it seems so fragile, unstable. As though our happiness needed constant protection, we deny the...

Looking at people and communicating that they can be loved, and that they can love in return, is giving them a tremendous gift. It is also a gift to ourselves. We see that we are one with the fabric of life. This is the power of metta: to teach ourselves and our world this inherent loveliness. Sharon Salzberg, Lovingkindness: The Revolutionary Art of Happiness //

## Reader's Opinions

This one is alternately encouraging and overwhelming, with odd exotic anecdotes. It's all about trying to be a kinder, better person - always a bit of a squirm inducing subject, but definitely worth reading about.