

## Towards Happiness: Where One Wants to Seek Happiness (Paperback)



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***(Krista Lindgren)***

## TOWARDS HAPPINESS: WHERE ONE WANTS TO SEEK HAPPINESS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. The secret of happiness is the ability to empathize with others and know how to put oneself in their place. Someone once told me: "I do not think your life is sad, I think you have a very full life and a tremendous culture." And that made my day. There are those who, from science, think that this field of study is the greatest thing that a human being can achieve, but the greatest thing is to understand the smallest, from a neuron to a human or natural creation or sentiment. Happiness is where you want to look for it, what is clear is that that pattern of addictive happiness does not work, it is not making people happy, the large numbers of mental illness are telling us. You can change the word happiness through the word addictive economy. Throughout this book we try to study some of the philosophical currents of the literature on happiness but we also try to give concrete and current rules. Passing through Greek thought, mentioning stoicism very seriously until it reaches Spinoza, the so-called material ethics are proposed. But the story later is decanted by the universal and procedural ethics to our days. Sometimes we use a more direct language when exposing and it is good to remember or to say things that hurt and there are tortuous confrontations and difficult to fix. And that is a terrain for which they neither prepare us nor explain to us that there is an emotional learning, we are affected by love and unloving, happiness and unhappiness. Happiness is the absence of fear, but it takes a certain neural mechanism so that in its place the fascination or the spell is removed....



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