

***Not For Happiness A Guide To The So Called Preliminary  
Practices Dzongsar Jamyang Khyentse***

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What if, for example, she spent it not on a new flat-screen television or sectional sofa, but on other people? One of the most consistent findings of the happiness literature is that having a strong social network is an excellent predictor of happiness, and it seemed plausible that you could use money to buy happiness that way.

### **Happiness: A buyer's guide - The Boston Globe**

Dzongsar Khyentse Rinpoche's newest book, Not For Happiness (Shambhala Publications, 2012), is now available as a preview eBook on Amazon and at Barnes and Noble. This book is for practitioners of ngondro and contains everything you need in order to do the practice. The eBook is a great way to get an advance look at Not For Happiness.

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