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A Happier Life: How to Develop Genuine Happiness and Wellbeing During Every Stage of Your Life.

By Shar Khentrul Jamphel Lodro

Tibetan Buddhist Rime Institute Inc., United States, 2015.

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Regardless of what kind of person you are or how you've chosen to live your life, your ultimate aim is long-lasting happiness. A Happier Life is a treasury of wisdom which guides you towards achieving this, point by point, at every stage of life. It journeys through childhood, teenage years, early and mature adulthood and ends with some heartfelt advice for achieving genuine insight and a peaceful departure from this life. At each stage it draws attention to many of the opportunities and obstacles we all face. The author, Khentrul Rinpoche, has experienced three completely different lifestyles in his life to date: the primitive nomadic culture of remote Tibet; many years of exceptional and rigorous training as a Tibetan yogic monk and then the experience of a rapid immersion into the very different lifestyle of the modern West. This book is therefore unique, giving a rich perspective on attitudes towards life and living, and is intended as a guide for navigating through the different stages of life. It is hoped that reading...



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