

On the kind of happiness that lasts a lifetime.
No matter what.



The Ten Worlds

The New Psychology
of Happiness

Alex Lickerman, MD
& Ash ElDifrawi, Psy.D.

Alex Lickerman

The Ten Worlds: The New Psychology of Happiness



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Start with knowing Why is you happy The 10 Worlds of Happiness is like no other "self-help" book I've read. I'd highly suggest this reserve to anyone who's looking to are more self-conscious or is struggling to understand why other people within their lives act just how they do. Nevertheless, this book is different. but this one is merely that. This is a wonderfully well crafted book that has therefore many moving parts that harmoniously get together in a manner that makes the book gripping from begin to finish. Fraudulent theft of actual Buddhism hiding the real Teachings of Nichiren Although the " Ten Worlds" (lifestates) is a ancient Buddhist teaching, very very important to people to understand, this publication, is guilty of "stealing the Ghee.0), and for the most part presented a very compelling case for all the wrong paths we take in quest for lasting happiness. It also states, "there is no mystic laws" at the primary of this. Idea provoking redefinition of happiness Generally, I am not a fan of self-help books. Remember that this book is not a fluffy self-help book that gives you a couple of advice on how to proceed to be happy. Rather, it got a serious run at demanding and completely redefining how we think about happiness generally, and the authors did a convincing job of proposing an entirely new way to think about joy that's well backed by research and case research. The initial structure of the reserve made a complex subject matter/concept a comparatively easy read. There's a lot to absorb in this publication, so I was appreciative of the initial way in which it had been written. I under no circumstances thought I'd find a self-help book to become a page-turner the way a novel is normally... The authors easy, conversational design and they too discover these insights is truly fun to read. The authors offered their years of study and knowledge on this topic in a conversational manner that kept me totally engaged, and left me thinking hard about what pleasure is and what it means if you ask me. Pathetic. I'm still debating which Globe is mine, but a lot more fun, is attempting to figure out what worlds many of my close friends and relatives come from. The last Chapter on Enlightenment was really amazing- I still can't get it out of my mind! Revelatory! This book was a revelation for me. I came across the concepts of 10 Worlds seriously intriguing and was not disappointed. This book really delivered on assisting me uncover the duality of both positive and negative personality traits. Therefore many truths about myself were revealed. nonetheless it is actually all that and some; It's just like you are along for the trip while they are solving some critical mysteries. I highly recommend this reserve as a great, insightful read! Happiness If you're looking for a new publication and you're a person who enjoys thinking and studying yourself — go through this. This made the book both an easy browse and a compelling narrative. It really is slander of Buddhism. It is an extremely dishonest and shallow reserve. Great perspective and engaging read I don't generally browse books on topics such as this but after breezing through the first chapter I was hooked.0?. Extremely practical in understanding the real drivers of personal happiness. I highly recommend it. Is this really Happiness 2.. The quest for happiness Loved this book and learning a new perspective when it comes to happiness. This publication has forever changed the way I believe about how I'll pursue joy in my lifestyle. It's a nice balance of technology and philosophy, and it's informed in a unique format that held me extremely engaged, and entertained in fact. I rarely give anything 5 celebrities because zero books are perfect, but I would definitely recommend this publication for anyone who wants a serious book on this issue of happiness. It didn't disappoint. I also learned that understanding WHAT makes you happy provides focus when short-term pleasures are tempting. thoroughly enjoyed the way in which the cases were utilized. It's smart and truly exclusive. I could discover many people I've known over the years in the good examples shared through the entire book and of course, in addition, it provoked some self-reflection aswell. Instead of wanting to tell you how to be happy, the authors assist you to

discover WHAT enables you to happy LONG TERM. Really worth the read!. I enjoyed the book for succeeding in making me think deeply about what truly influences my very own happiness in a way no other reserve has. I also appreciated the rooting in eastern philosophies with a more contemporary flavor. These authors are making a very negative cause, for money. As someone who feels like they have minimal period to sit and browse a reserve (toddlers can do that to you! Happiness IS We didn't really know what to expect when ordering this book, whether it could be mostly research or philosophy or analysis.... The Best Happiness Book Out There By an extended Shot The authors claim this book took them over twenty years to write, and after reading it, I can see why. I'd recommend this book to anyone seeking to better understand their personal "Core Delusions" that are receiving in the form of achieving consistent and enduring happiness. Existence is too short to not understand ourselves in this manner and the reserve does a great work of helping the reader recognize that his / her own mindset ("Core Delusions") can have the largest impact on their joy. I've hardly ever read a nonfiction book that uses their format of interweaving stories, science, philosophy, study, and deductive reasoning that ultimately, piece by piece, unravels the mystery of attaining lasting joy, and just why the vast majority of us have it all incorrect." (Of the Lotus Sutra) I heard the authors on night time talk radio and suspected it could be a case of hiding real Buddhism and presenting it in artificial psychology context. It's easy to digest, good story telling that retains you wanting to learn more about the characters, sparks great conversation (or fun debates), teaches you why you imagine the way believe and make the decisions you make (in a very non specialized/overly scientific way). It provided me a new way to raised understand myself and provided me even more tools to become happy more often. It hides the real teachings and unashamedly contact it a "New Psychology" etc. Met very high expectations I had high expectations because of this book given all the advanced acclaim We read from some well known experts in the field of Happiness. This publication creates very poor karma for the authors. There is absolutely no excuse for this greivous error.), that one was honestly worth it. I recommend scanning this reserve and being open to the idea of the worlds and what they could mean to you. Not located in enligtenment. I myself proved helpful a long time in psychiatric wards with a degree in Psychology and had written on this subject years ago, from a Psych perspective, as a Nichiren Buddhist since 1969. The reserve takes the reader through the "Ten Worlds" (of happiness) via story types of actual case research. It had been like reading 10 different vignettes, each with a robust lesson on happiness. Maybe... This book took a big swing at trying to redefine how exactly we think about happiness (which I have seen dubbed Happiness 2. We all strive for it but many battle to understand why they don't have it - at least consistently. Plain and simple. The happiness in movie rental Without necessarily agreeing to a single "kind of happiness that lasts a lifetime," I could appreciate that the book provides a "no matter what" perspective on positive psychology, unconventional to the original approaches of textbook content material that a lot of positive thinking books have proposed in the past. I started this book and could not put it down. I cherished the behind the scenes consider the therapist / individual interactions. This is simply not a quick easy blueprint for obtaining happiness, rather a thought provoking framework to finding your own path towards enlightenment. Perfectly done. A very engaging go through and a fresh insightful perspective on happiness I have read a lot of self help books through the years. It outlines the 10 attitude outlooks as a logarithmic curve to attain happiness, which suggests progression in one stage to the next, with some mutually inclusive levels interacting among one another. I adhere to the diagram without always concurring to specific sequences. Inspirational view of happiness based in science and psychology Ash and Alex present an inspirational and pragmatic watch of

happiness predicated on both technology and psychology in ways I've never read before. There are some obscure references to "Nichiren," and an obscure footnote mentionng Namu Myoho Renge Kyo. I highly recommend this book.



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