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a unified theory of happiness

AN EAST-MEETS-WEST APPROACH
to FULLY LOVING YOUR LIFE

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A Unified Theory of Happiness: An East-Meets-West Approach to Fully Loving Your Life



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A Unified Theory of Pleasure explains the skills to select and accept pleasure by illuminating: How to navigate the active “Basic Mode” and the non-active “Supreme Mode” of awareness to react to life's complexities with flexibility Tools to build ambition, competence, confidence, and connection? important aspects of reconciling with life's fragility and building an engaging, authentic self Paths to receptivity, tranquility, reliance, and lightheartedness? keys to accessing your natural connection with the whole of being, and recognizing your non-dual self The Theory of Elastic Awareness? a well balanced place in ideal accord with an authentically lived life “Joy,” says Dr. Eastern wisdom teaches us that surrender may be the key, that we must let go to be able to go through the great flow to be that is only available in the present second. How do we take the very best wisdom from both these techniques, and honor what Dr. Polard's groundbreaking synthesis of Western thinking and Eastern philosophy with A Unified Theory of Happiness, a warm and personalized guideline for the transformation of consciousness which allows personal well-being and fulfillment to flourish.” At last, here is a function that provides a comprehensive understanding of happiness that honors the full spectral range of life's offerings while broadening your connection with its inherent joy. Andrea Polard phone calls “the two wings of joy” that enable us to seriously soar? While our lives are full of good and the bad, Dr. Polard teaches us that we need not let these good and the bad control our experience of lifestyle. The Western world teaches us that happiness comes from achievement? from setting goals and actively pursuing them. Polard, “is a complex route that becomes easy only once we walk it. Discover Dr.



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in my 20s I utilized to get bottles of soap bubbles by the case While the title makes this book appear to be a theoretical workout in explaining that elusive emotion "happiness," it really is a very practical way to identify your strengths and weakness in 8 key regions of personal development and functionality: Ambition, Competence, Connection, Confidence (from the essential Mode of behavior) and Receptivity, Tranquility, Reliance and Lightheartedness (from the Supreme Mode of behavior. I have always considered myself a fairly lighthearted individual; Interesting and insightful Read this reserve. Polard can help you identify your key aptitudes early on, by 10 page group of questions for you to use in self-rating your abilities. A must read for those which are searching for lasting happiness! Her theory also reminded me of Oscar Wilde's phrases: "Nothing could cure the soul however the senses, simply as nothing can cure the senses however the soul. I have always considered myself a reasonably lighthearted person; in my 20s I utilized to buy bottles of soap bubbles by the case. Evidently I have become more serious as I've aged, as yet my rating in this vital area was 29 out of 40, or barely 72%. This is largely due to my response to 3 essential statements: "I'd rather not really exercise," "I love to feel 'in the know'," and "I tend to worry too much." Self-knowledge is good; I also browse the chapter devoted to my greatest power, Tranquility. Polard offers. When you have identified most of your areas where improvement would be appropriate, "Happiness" offers a chapter for every with discussion, recommendations and exercises to help you learn how to be more lighthearted, or even more tranquil. Unlike many self-help books, these chapters are well thought out, the suggestions are well worth pursuing and the exercises are germane. I will put into effect most of the suggestions Polard presents, and see if they help me become much less serious. better still is a road-map to higher self-improvement and self-awareness, and this is what Dr. I was amazed by how right-on it had been. If you are seeking to find true happiness in your daily life Dr. Reading this chapter, I sensed right at home. In some ways the book reminded myself of Joseph Campbell's lectures on mythology and religious beliefs. Andrea Polard combines suggestions and world-views from both Western and Eastern thought and spiritual practice. In the context of the confusion, Dr. It is also an approach that gives the book more heft, depth and credibility. A Bible of Sorts on Happiness A Unified Theory of Happiness: An East-Meets-West Approach to Fully Loving Your Life by Andrea Polard PsyD is a distinctive perspective of what happiness is and how exactly to happen it. I agree with Aristotle in that we have been born with joy! Polard uses her intellect to discuss various expert views and concepts of happiness, opening your brain to further explore precisely what joy is usually. She uses an East meets West strategy. Obviously this query of what pleasure is can't really end up being answered uniformly because it's so determined by personal circumstance, knowledge and belief. Useful tools that allows people to do something and set their existence path on course for deeper happiness. Pleasure is usually subjective and the author does a specialist job discussing elements people can act upon to increase their happiness from the current "level" they're at. Head, heart, hands, feet, and soul---all need to be in sync for a disciplined pursuit of happiness. Thanks Polard for assisting me smile bigger! Integration of Sense and Soul Provided the unending diversity of opinions on the descriptive, prescriptive, normative and substantive areas of happiness, you can acknowledge that the subject of happiness is immensely elusive, with a complex past and perhaps an uncertain future, not to mention its romantic relationship with things ironic and paradoxical sometimes. Presumably that is where the "Unified" comes from in the title of this book. Andrea Polard's A Unified Theory of Happiness: An East-Meets-West Method of Fully Loving YOUR DAILY LIFE, is a essential perspective which not merely honors the historic sacred wisdom, but also respects the hard-received insights of technology and humanities, hence addressing brain, body, soul, spirit and culture. Furthermore, her sensitivity towards all humanity and openness towards all obtainable wisdom is a beautiful testimony of her cosmopolitan and compassionate soul. Indeed, in an more and more inter-connected and inter-dependent globe of ours, any knowledge of personal happiness, must consist of all sentient beings. To be fully functioning, content people in this contemporary world, we need

more of us to earnestly consider blending the important features of the east and the west. And her publication fits the bill gloriously. Predicated on twelve years of interdisciplinary, cross-cultural and transpersonal study, she eloquently integrates scattered partial insights on joy alongside offering unique useful exercises to put into action those insights. I was surprised at the areas this questionnaire flagged as my domains of weakness: Ambition and Lightheartedness." In the same way, nothing can cure the soul but the East, just seeing that nothing can cure the senses however the West. By making us aware of the importance of both, the "senses"--Simple Mode of Consciousness--and the "soul" --Supreme Setting of Awareness—(what she calls the two wings of joy), Dr. Polard has given us a hands-on manual for artfully living Wilde's wisdom. After reading her book, I am firmly persuaded that without concurrently honoring the potentials of cause, affect and action, combined with the depths of reflection, contemplation, and transcendence, something worthwhile will become absolutely missing in existence. Ensuring it's not the end result that matters but instead the journey! Love it Absolutely must read book! This book uses psychology and spirituality to explore the the different parts of true success and pleasure. A Guide To A Happy Life If you are looking for happiness, & most folks are, this insightful, carefully researched book offers chapter after chapter of sound information on how we humans can perform happiness through aptly merging the principal philosophies of the east and west. Integration of the two widely different life views gives us the best opportunity at a happy lifestyle. That alone can be an indication on what this book differs from its many rivals. You will learn how exactly to direct your activities in accordance with happiness, practice consciousness and make the decision to be happy. And before one consciously pursues happiness, it must be based upon what is true, good and simply, in a universal feeling, and not simply on what you have been conditioned to believe by the chance of birth. This was an extremely effective way to provide concentrate to reading, and profiting from, all of those other book. I was also impressed that the chapter focused on something I've pursued for some of my adult life: meditation and Buddhism. Andrea Polard most deftly, and at a speed anyone can simply follow, gentle manuals her reader down a really revolutionary path in her seminal reserve "A Unified Theory of Pleasure: An East-Meets-West Method of Fully Loving Your Life." In case you are wanting to find true pleasure and how to lead your life in equilibrium and harmony then this phenomenal reserve is for you. Excellent read! Happiness is a Choice For me this was a West meets East approach to happiness. This is actually the most comprehensive book I've read on the topic, within the material world (simple mode) as well as the spiritual globe (Supreme Setting) and the significance of maintaining stability. I believe the author does an excellent work of explaining the theories in conditions which can be understood by most anyone. It is not a quick read but well worth the effort. The west is usually interested in doing, while the east is concerned with being. We are reminded that "happiness isn't just good for us individually, but for our wider communities as well." Everyone needs these details! Most books only stress what a person needs to DO in order to be successful; Thanks a lot Andrea Polard. Polard for an inspiring gift which will be cherished by all truth and pleasure looking for souls, from East and West. Really good, deep reading. Thanks a lot Andrea! To be honest it's way beyond me and what I need to know to spotlight, improve and live in happiness. So thank you Dr. Very meaningful and truly inspired. I think everyone should take out a while from their busy timetable and read this publication. Andrea Pollard explores how one must BE AND Perform.)Dr. You'll be astonished at what really makes people content. I bet it's not everything you think but if you're truthful with yourself you may agree. I highly recommended! Andrea Polard knows pleasure and she's posting in great details. Her Zen history weaves in and out throughout the reserve and demonstrates a profound understanding of happiness. Deep and insightful, not necessarily easy, but definitely worthy of the effort.



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