

“Understanding Happiness” - Book Overview

This is not just another book on meditation that promises to make all your problems go away, it's an easy to follow blueprint for happiness.

Beautifully written with relatable examples, this book provides an elegantly simple explanation of how the mind evolved to keep us safe, why it talks to us and how the simple mechanisms it uses to spot danger really don't work well in our complex modern society. Our basic programming works against us and makes everything look like a problem that needs solving.

The simplicity of the theory makes it completely obvious why your mind makes you unhappy. But it also details three simple techniques that can be used every day to revolutionize your health, relationships, your outlook on life and your perception of the world. It is truly life changing, practical, motivational and inspirational in every way. It's what humanity needs right now!!!

Tiny But Powerful

Don't be fooled by the size of this book. It's simplicity is what makes it so powerful as a tool to understand the mind and to take practical steps to silence it.

You'll understand where every negative emotion you've ever experienced comes from. You'll learn why you experience anxiety, sadness and depression. You'll understand why you experience grief, loss and loneliness. Anger and frustration will be quite clear where they come from.

But understanding where these emotions come from is only the first step. This book teaches three simple techniques that have been taught for thousands of years, but they're taught in a very different way and when combined with your new understanding of what the mind is doing when it talks to you, they become much more powerful and easier to master.

The book teaches the importance of meditation to observe the mind in action and release daily stress. It teaches mindfulness to further enhance your focus and concentration and experience periods with a silent mind. And finally, it teaches you how to experience unconditional love and apply it in a practical way to every aspect of your life. Simple, obvious, powerful.

This book is aimed at people that have attended one of Mat's in-person workshops, but because of its simplicity, almost anyone will find it an invaluable tool to tackle negative emotions such as depression, anger, or sadness.

The book also includes daily routines to help incorporate the lessons into your life as well as worksheets to help you evaluate how your mind reacts to the world.

With this book, you have the power to find true happiness no matter what is going on in your life. Love everything and everyone. Be kind to each other.

Be happy.

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