

# Z e n

*And the Art of Happiness*



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**Chris Prentiss**

# Resumo de Zen and the Art of Happiness

Cutting-edge science and spirituality tell us that what we believe, think, and feel actually determine the makeup of our body at the cellular level. In Zen and the Art of Happiness, you will learn how to think and feel so that what you think and feel creates happiness and vibrancy in your life rather than gloominess or depression.

You'll learn how to adapt to life's inevitable changes, how to deal with stress in a healthy way, and how to nurture a mindful happiness in your daily life. Most importantly, the gentle wisdom of Zen and the Art of Happiness will show you how to invite magnificent experiences into your life and create a personal philosophy that will sustain you through anything.

A timeless work about the art of happiness, the way of happiness, the inner game of happiness.

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