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## Zen and the art of happiness audiobook

One of the greatest obstacles between you and happiness is stress. By stress I mean a feeling in your mind of fear, anxiety, distress, worry, unease, or foreboding caused by using your mind to imagine a bad outcome to a past, present, or future event or situation. Nothing else causes stress. The events or the situations do not contain stress, although they seem to. Stress comes from the way you relate to events or situations. Sound familiar? It should, because it's the same formula as the one for happiness. Neither stress nor happiness is contained in things, events, or situations. Things are just things, events are merely events, situations are only situations. It's up to you to supply your reaction to them. You get to choose. To prove to yourself that this can be the case, think of the many times you have felt stress over something that never materialized or, if it did materialize, ultimately turned out to be for your benefit. If only you had known from the beginning that it would work out favorably, how much more pleasant your life would have been. That's the way you can approach all situations. Stress will never be completely gone from our lives because of all the negative programming we have taken on, but we can eliminate most of it. The tricky part in eliminating stress is controlling our imaginations to envision a happy outcome rather than a poor one. How do you come to believe that the stressful situation will ultimately turn out to be to your advantage? The short answer, and the one I explored in greater detail in chapter 6, is that because we are the Universe, a part of it, and because the Universe wants to benefit itself to the maximum amount possible at all times, the positive outcome is the only outcome it will permit. I realize that may still be a big leap for you to take, especially considering what's gone before in your life, but that's the leap you need to take if you are to be stress-free and happy most of the time. Only when you put that belief into practice are you able to perceive it as reality. After you have practiced for a while and have seen the results, you'll come to know it's true. And that's when you'll begin to wear that little smile—often, expectations Book cover of Zen and the Art of Happiness. You should not be surprised at whatever you see or hear....If you are ready to accept things as they are, you will receive them as old friends.— shunyu suzuki You create your world by your expectations, and you can influence the future by how you respond to the present. To help eliminate stress from your life, now or in the future, rely on your philosophy. If, as part of your philosophy, you believe that every event will turn out for your benefit, stress will never enter the picture. I have spent weeks convincing people in my workshops of that truth, and when they finally came to believe it, stress was largely gone from their lives. Many of those whose lives had been nearly ruined by stress said it was the greatest gift they had ever received. If you stay in control of your imagination, it's impossible to feel fear or stress. You should get a great deal of comfort from that information because your imagination is entirely under your control. You can just as easily imagine a good outcome as a bad one. Excerpted with permission of Amaryllis Publishing House from Zen and the Art of Happiness by Chris Prentiss SHARE THIS ARTICLE ON Zen and the Art of Happiness is a popular book by Chris Prentiss that has been translated and published in more than 20 countries around the world. According to Chris Prentiss, by training oneself to think and feel in a certain manner, changes can happen in the body, which can go a long way in improving the overall well-being of the person. In this audiobook, he gives valuable insights on how to create a vibrant life for oneself. You will learn:• how to control the way you think, act, and feel;• how to adapt to life's inevitable changes;• how to deal with stress in a healthy way;• how to nurture a mindful happiness in your daily life. What is happiness? This question can be answered in different ways. Zen and the Art of Happiness will show you how to think and feel so that what you think and feel creates happiness and vibrancy in your life. Enjoy listening to this audiobook and create a personal philosophy that will sustain you through anything! Chris Prentiss is the cofounder and codirector of the world-renowned Passages Addiction Cure Centers and the author of several works on personal growth and Chinese philosophy, including "The Alcoholism and Addiction Cure", "Be Who You Want, Have What You Want", "The 1 Ching: The Book of Answers" and others. Copyright © 2006, 2008. All Rights Reserved. Published by arrangement with the Prentiss Trust of June 30, 1998. Originally published by Power Press. Music: Terence Davis at Great Music Studio, Tesk Music Publishing ASCAP, and Passages Music Publishing, ASCAP. (P) 2020 ABP Publishing Photo Courtesy: Pixabay Yoga offers numerous health benefits, from improving flexibility and removing stress from the body to building muscle and losing weight. However, not everyone has the time or the desire to join a class. Luckily, you can learn and practice yoga in the comfort of your own home with yoga videos. Whether you're a beginner or an old pro, you'll find a yoga DVD on this list to suit your needs. MORE FROM CONSUMERSEARCH.COM CCO/Free-Photos/Pixabay Whether you consider it an investment, a hobby or just a cool way to decorate the walls in your home, acquiring new art can be a fun and exhilarating experience. Although many people assume collecting art is only for millionaires, the truth is you can start your own art collection on any budget. You may not have the funds to fill it with famous pieces, but all that matters is that you fill it with pieces you love. Know What You Like First, only collect what you like, even if it's something obscure that others may not appreciate or understand. Unless you're just trying to make a quick buck — and that's often hard to do — putting together a collection won't be fun if you force yourself to choose items just because they're trendy. If you aren't sure what you love, go to the library and check out some art history books. Go to art galleries in your community, and check out the artisan booths at local fairs and festivals. Do a simple internet search, visit an antique store or flip through the art at your local craft store or big box store. Figure out what appeals to you, and use that as a starting point. Know Where to Look The next step is knowing where to find the art you like. Some of the places you visit to discover your taste may also sell the types of pieces you like. Craft fairs, festivals, antique shops and galleries are good examples, but you can shop for art at many other places, including estate sales, where you may find rare and unique pieces, and art websites like Etsy, ArtStar, Uprise Art and Editioned Art. Some artists allow you to visit their studios, and auction houses typically have art in their inventories. If you go to auctions outside of major cities, you may even find a rare piece at an excellent price. Do Your Homework Before you make a purchase, especially an expensive purchase, you want to do your homework on the artist, the item and its background before signing on the dotted line. In some cases, the seller may not realize the value of an item and sell it for a bargain price, but you don't want to pay too much for a piece, even if you love it. You also want to avoid buying something advertised as an authentic piece that is actually just a reproduction. Be on the lookout for fraudulent items, and learn how to read the documentation that verifies the authenticity and provenance of a piece of art. Take It Slow If you know your budget for starting an art collection, don't rush out and spend it all in one day. Don't expect to put together a huge, envious collection overnight. It takes time to curate the perfect collection for your interests, tastes and passions. For many art collectors, the hobby becomes a lifelong journey. You never know when a new artist you discover turns into a huge success, making that \$100 painting you bought worth a small fortune — and bragging rights — one day. Starting slow also allows you to save up for the more expensive pieces you may want to buy one day. Treat Your Art Well Finally, after you purchase your first pieces, make sure you take care of them. Learn how to display and preserve everything you buy, and make sure you have plenty of space to keep your art. Sure, you could rent a storage building if you don't have enough room in your home for all your treasures, but what's the point in having an awesome collection if you can't show it off? If you acquire expensive pieces, insure them against theft and disasters. You may also want to make a plan for what happens to your art after you pass away. If you don't have family, you may want to donate art to a museum or charity, for example. MORE FROM QUESTIONSANSWERED.NET

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