



A Course in Happiness: Mastering the 3 Levels of Self-Understanding That Lead to True and Lasting Contentment (Paperback)

By Mardi Horowitz

Penguin Putnam Inc, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. Wise counsel from one of America s most respected psychiatrists. -Irvin Yalom, author of Staring at the Sun and When Nietzsche Wept, Emeritus Professor of Psychiatry, Stanford University For many, getting in touch with that elusive thing called happiness is rarely simple and achieving any kind of lasting happiness can feel like an insurmountable challenge. Perhaps what we need is an education on the subject . . . A Course in Happiness. In this book, Mardi Horowitz draws on more than forty years of experience as a practicing psychiatrist to provide readers with just this. According to Dr. Horowitz, happiness is essentially a by-product of self-knowledge; in order to be happy, we need to understand who we truly are. In A Course in Happiness, he details a deeply rewarding course in mastering the three levels of self-understanding that underlie happiness: Integration the ability to assemble all the pieces of one s self into a whole, complete, understood, and respected me. Intimacy the capacity to remain closely connected to the warmth of relationships with family, friends, colleagues, and others in a social community. Integrity the insight...



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