

Art of Happiness: Teachings of Buddhist Psychology

Mirko Fryba

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Art of Happiness: Teachings of Buddhist Psychology Mirko Fryba

This book is a widely ranging exploration of the principles of Buddhist psychology and one of the first to make abhidharma psychology understandable to the west. Dr. Fryba's commentary and reflections show how these principles can bring understanding and be applied to modern life. I highly recommend it - Jack Kornfield



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