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including advice about:

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The penalty is 4% for
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beyond the first. Conversely, they get a 10% "solitude" bonus for not having more than one NPC nearby, and having no more than three other NPCs (that is, the "roommate" doesn't count) within 120 tiles. Note that this much larger range represents over a full screen's width.

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meditation because you want to feel good? Or to help you relax and be "happy"? Then frankly, according to Dzongsar Jamyang Khyentse, you are far better off having a full-body massage than trying to practise the Dharma. Genuine spiritual practice, not least the Ngöndro preliminaries, will not bring the kind of

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comfort and ease most worldly people crave. Quite the opposite, in fact. But if your ultimate goal is enlightenment, Ngöndro practice is a must, and Not for Happiness your perfect guide, as it contains everything an aspiring practitioner needs to get started, including advice about: • developing "renunciation mind" •

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and instead make peace
with the perfection of
the way things are.

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broken may be turning
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unusual look at our
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doing so, he helps us
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practice so that we can avoid them. Along the way, Magid lays out a rich roadmap of a new "psychological-minded Zen," which may be among the most important spiritual developments of the present day.

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and happiness? There can be no mistaking the fact that sometimes life throws you curve-balls that seem to take your confidence and happiness away. If you've ever been divorced, lost a career or suffered a long term illness, you'll know that it isn't always easy to get back up, brush yourself off and start all

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over again. What if there was a way of recovering from the hard slap-upside-head that life gives us from time to time that could be found by adopting some daily habits that allow you to regain your Personal Power and create the life you want? Life doesn't come with a manual, but if it did, this would be it. Habits for

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the Least I Can Believe
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Christian?*, insists that

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this is far from the truth.

Happiness, Thielen argues, does not come from external factors

like getting a job

promotion or finally

reaching your goal

weight. Rather,

happiness is an inside

job. In brief, easy-to-

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offers ten traits of happy

and fulfilled people.

Using psychological

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research, personal anecdotes, and Scripture, Thielen begins the path to contentment by showing how life circumstances—including income, health, physical appearance, and marital status—only account for about 10 percent of a person's overall life satisfaction. From there, he offers alternatives to

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the frequent methods we use to make ourselves happy. Instead of aiming to make more money, Thielen

contends that expressing gratitude and cultivating optimism are surer paths to joy. Rather than focusing on constant advancement in our careers, let's practice our ability to forgive, to be generous, and to use

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As growth opportunities. These lessons, and much more, help readers who may be dissatisfied in their lives see that authentic contentment is closer than they ever imagined. The book features a guide for group or individual study, which includes questions for reflection and a challenge for each

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individual to reflect on
during the week.

Happiness hinges on our
ability to command
what goes on in our
consciousness from
moment to moment.

Each of us has our own
path to traverse, and
there is no single recipe.

In *Happiness: A Way of
Life*, author Asif Zaidi
offers information to

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help fill you with deep,
enriching happiness,
creating an existence in
which happiness plays
the central role for a life
worth living. An
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from the East and
evidence from the West,
Zaidi lays out a path to
lowered anxiety, better
health, sharper focus,
and enhanced
performance, all of

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which distills into a life
of happiness.

Happiness: A Way of
Life shows when you
liberate your mind from
the tyranny of external
factors, happiness
becomes an authentic
state of being rather
than a reassurance or a
mere external
performance. You can
then realize that
happiness is not

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something acquired; it is a natural state that arises when you stop creating chaos. In this guide, Zaidi summarizes what he's learned during more than twenty years of extensive study on the subject, from the ultra-occidental to the ultra-oriental and from the most scientific to the most religious.

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quieter pleasures of

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aims for the heart of
pure joy and
contentment - and how
we can all achieve it.

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Harries, reveals how
millions of people are
unwittingly caught in
the 'The Happiness
Trap', where the more

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they strive for happiness
the more they suffer in
the long term. He then
provides an effective
means to escape through
the insights and
techniques of ACT
(Acceptance and
Commitment Therapy),
a groundbreaking new
approach based on
mindfulness skills. By
clarifying your values
and developing

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mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve

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health, increase vitality,
and generally change
your life for the better.

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feelings far more
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defeating habits;
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