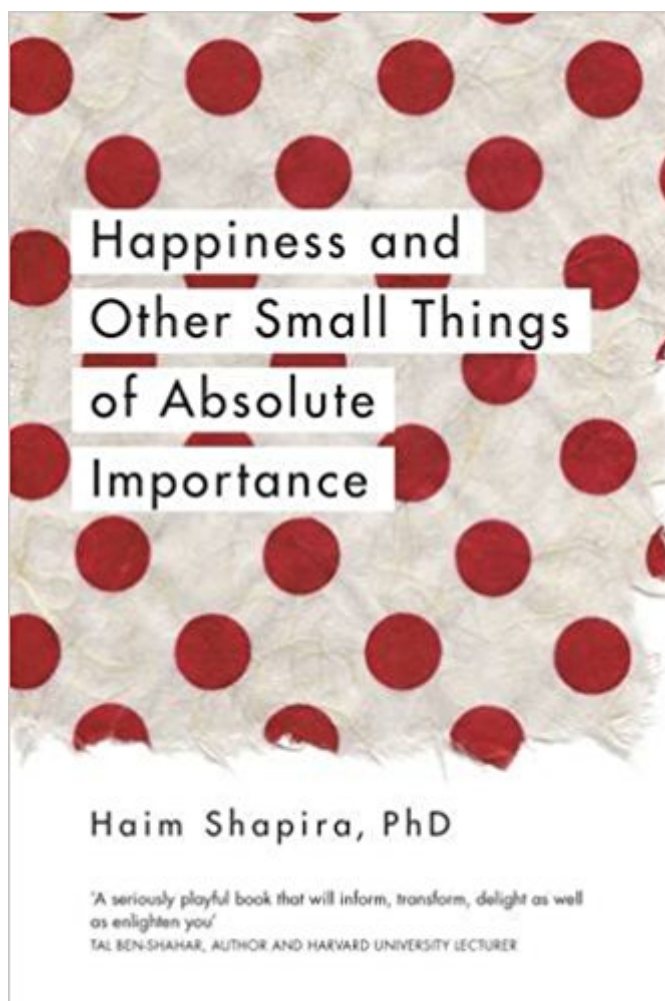


The book was found

Happiness And Other Small Things Of Absolute Importance



Synopsis

What is your happiest moment? Â How can you know it? Â Do we waste time or does time waste us? Â Are questions about meaning truly meaningful? Â Whatâ™s really important? Â Drawing on literary and philosophical sources ranging from Alice in Wonderland and The Little Prince to Leo Tolstoy, King Solomon and Friedrich Nietzsche, Haim Shapira invites us to challenge our perspectives on happiness and provides us with alternative ways to appreciate what is important. Â As Haim concludes it is in the spaces between the possible paths that we might take that we are able to find a place of grace, and where the things that matter to us will light our way. Â The choice is ours. Â Join Haim Shapira as he navigates the terrain of happiness â “ exploring and contemplating an eclectic range of theories and insights into the conflicts we face as we interpret and consider our lives on our journey to creating our own happiness.

Book Information

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Customer Reviews

Based on the title, I was prepared to slog through yet another self-help book. With each page turn, I was increasingly surprised by the comprehensive review of the subject presented in a conversational and down to earth manner. Not one religion's point of view, not one literary genre but an embrace of many. Not one basic instruction as to how to solve all unpleasantness that might come my way. Philosophy can be a deadening subject for me...apologies to any philosophers reading this review...the author enlivened the philosophical entries. This book is "absolutely" on my to be reread list.

This is not a self-help book! Haim Shapira says: "There are no organised trips to happiness." You will not find here instructions how to solve life problems, but this book will "delight as well as enlighten you". This playful book is very well written and deals with serious matters with a wonderfully refreshing voice. Should become a classic.

Maybe the words of Dr. Tal Ben-Shahar describe this book perfectly: "A seriously playful book that will inform, transform, delight as well as enlighten you". A great book, should become a classic, both enlightening and entertaining.

I love this book, which is filled with lots of wisdom and entertaining musings regarding what makes us happy. The chapters can be read in any order.

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