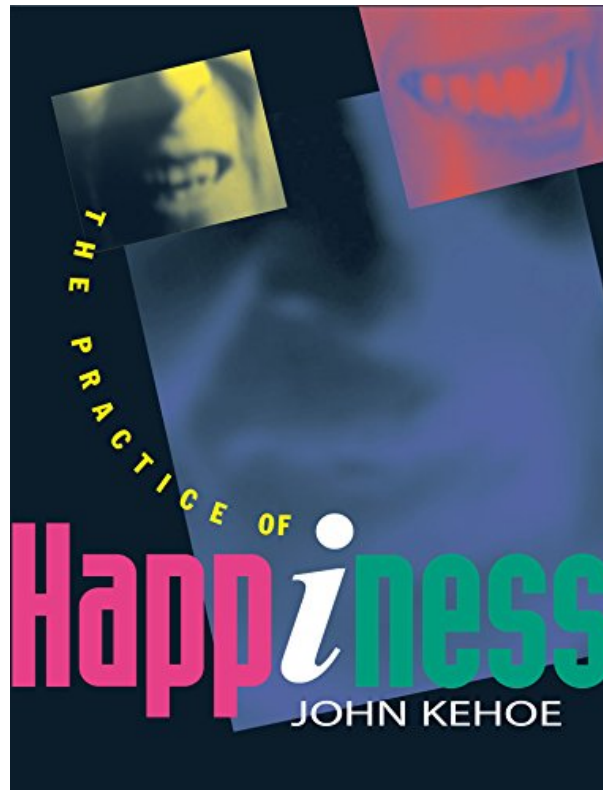
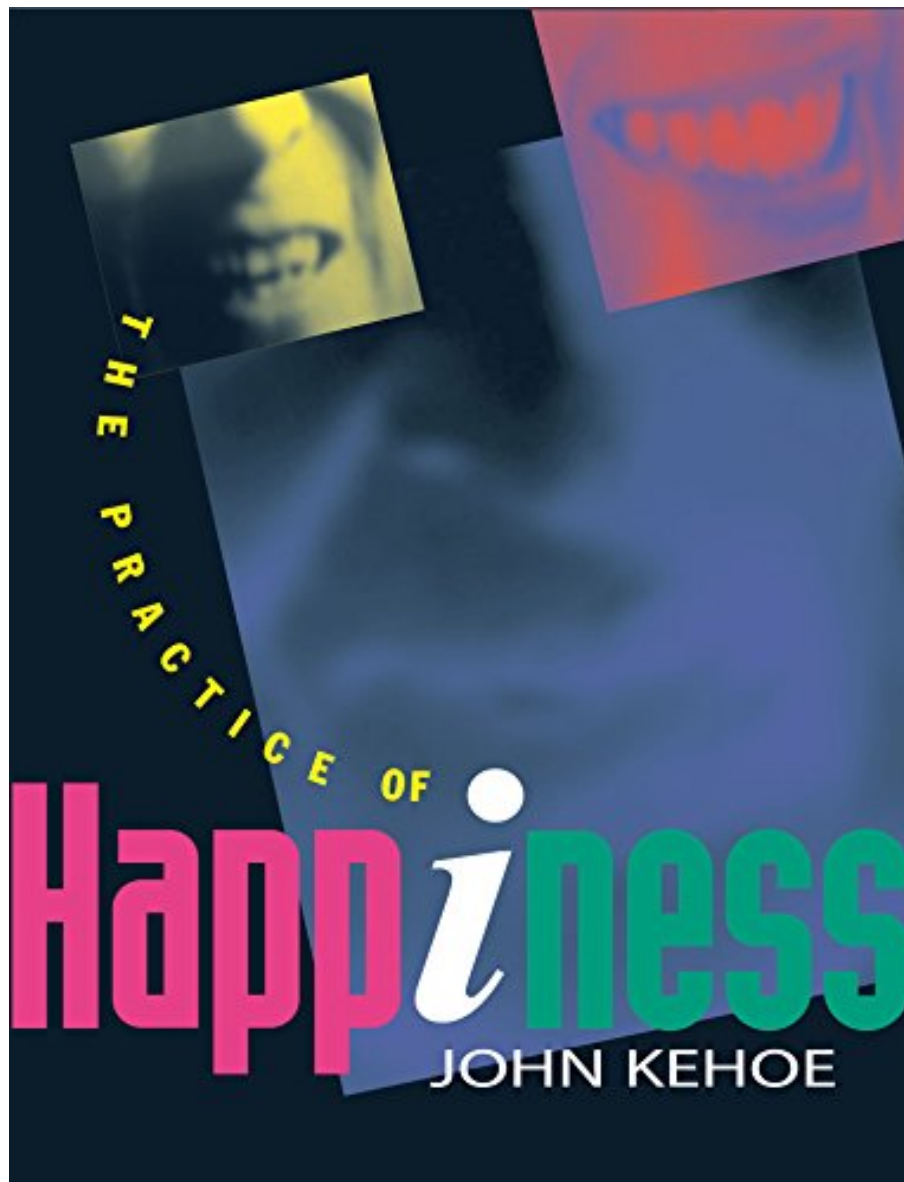


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# PRACTICE OF HAPPINESS BY JOHN KEHOE PDF

In *The Practice of Happiness*, John Kehoe takes us on his personal journey to the most remote corners of India, Australia, Africa and North America as he seeks to unlock the ultimate mystery of happiness. His surprising discoveries comprise a thoroughly engaging, anecdote-rich narrative sure to inspire those who seek happiness in their own lives.

This beautiful book, filled with illustrations and photographs, is a treasure to both the eyes and the heart. You will refer to it often as a source of joy and comfort.

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Be happy

By Raymond Mathiesen

This little book contains 10 meditative, philosophic essays on happiness. Each essay talks about a different "practice," or mind set, that can aid in increasing happiness. In the first essay, for example, we are urged to follow our instincts, our inner desires, rather than dutifully obeying what society and our intellect tells us we must do.

Kehoe is not a psychologist so do not expect a scientific approach. Instead he writes from the perspective of one who has lived a successful and happy life, and who has thought long and read widely about the subject.

I recommend reading a chapter a day to give your mind a chance to think over the various messages. You might even find you want to read the book several times to absorb the material. The text is certainly not boring, has pertinent quotes scattered through it, and is illustrated with interesting pictures to meditate on.

4 of 4 people found the following review helpful.

A small book with some wonderful insights into happiness

By Tiny Thought Guy

I have read, and enjoyed, several of John Kehoe's books and this one is no exception. In some of his other books like, "Mind Power into the 20th Century" and his most recent work, "Quantum Warrior" John uses a style that is quite interactive and full of great lessons that need to be put into use. In order to gain the benefits of the material in those two books, the reader needs to be quite pro-active and do the work physically.

This book, "The Practice of Happiness", is not only smaller and shorter in length, the style is also different in that it is more of a discourse - not a scientific discourse; rather, it is written from the point of view of somebody who has learned from the school of life.

John Kehoe uses aspects of his personal life mixed in with quotes and aphorisms from many sources to share a wisdom about happiness that many know, yet so few truly practice. There are many wonderful quotes in the book, but I would like to share something from Mr. Kehoe himself, "Inner harmony and happiness are not just for ourselves: they are gifts that we give to the world. And here a great truth is revealed."

If you could use more happiness in your life, this book would be a great place to start.

0 of 0 people found the following review helpful.

The Practice of Happiness

By Sebueng

Wisdom galore! A very great pleasure to read.

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