

# True happiness is lasting, and ours for the taking, if we only knew where to look.

*“Gradually, I have come to appreciate being happy. I now see that being happy in the midst of the difficulties of human life is a wonderful art, a great accomplishment. Learning to be happy is perhaps the most important skill we can develop in life.”*

—Thomas Bien, Ph.D.,  
from *The Buddha’s Way of Happiness*

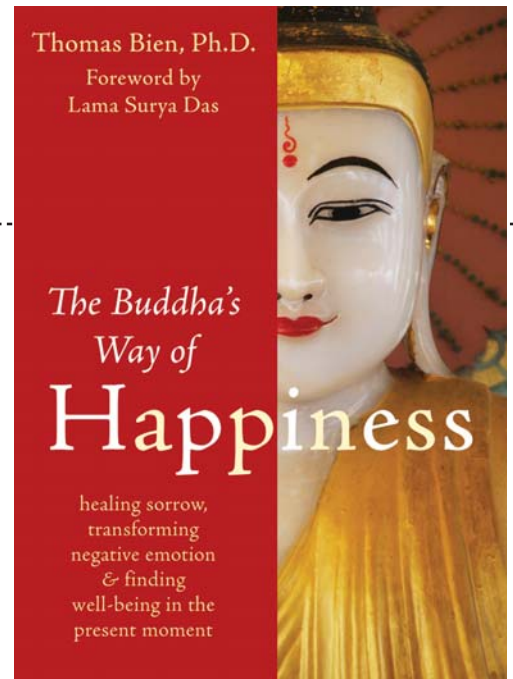
## Discovering the secrets to happiness and well-being — Buddha-style

Happiness is not elusive — it’s right in front of us. In *The Buddha’s Way of Happiness* author Thomas Bien, PhD, explains the most common barriers to happiness and how to put them behind us once and for all.

*The Buddha’s Way of Happiness* is a guide to putting aside anxieties about the future, regrets about the past, and constant longing to change life for the better, and awakening to the joy of simply living. Bien helps readers to appreciate the small, joyful moments that happen every day.

*“What kind of positively insightful wisdom do we need to find to have the happiness and fulfillment, joyous ease, and well-being we long for so badly, almost universally? What is the direct route to health and healing, as well as physical and metaphysical well-being? Read this extraordinary book along with me and my friends, and find out!”*

— Lama Surya Das



### Interview Questions

1. How would you define happiness? How does that concept differ from what most people consider happiness?
2. Your book states that happiness can be ours every moment. What do we need to be happy?
3. What is mindfulness?
4. How important is mindfulness to being happy?
5. In addition being able to obtain happiness, your book states that suffering can be stopped. What do you mean by ‘suffering’ and how can we stop it?

FOR AN INTERVIEW REQUEST or  
MORE INFORMATION CONTACT:

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THE BUDDHA’S WAY OF HAPPINESS

*Healing Sorrow, Transforming Negative Emotion, & Finding Well-Being in the Present Moment*

Thomas Bien, Ph.D.; Foreword by Lama Surya Das  
January 2011 / 978-1-57224-869-4/ \$17.95 / 6 x 9 / 248 pages

# THE BUDDHA'S WAY OF HAPPINESS

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THOMAS BIEN, PH.D.

## About the Author

**THOMAS BIEN, PH.D.**, is a psychologist in private practice in Albuquerque, NM, where he also teaches mindfulness and meditation. He is author of numerous scientific articles and book chapters in psychology, especially in the areas of spirituality and addiction. He is author of *Mindful Recovery*, *Finding the Center Within*, and *Mindful Therapy*. With Steven F. Hick, Ph.D., he is coeditor of *Mindfulness and the Therapeutic Relationship*.

## RAVES

"A wonderful blend of purpose, parable, and practice conveying the essential Buddhist insight that happiness and contentment are much closer than we think."

— **Zindel V. Segal, Ph.D.**, coauthor of *The Mindful Way Through Depression*

"In a delightfully unpretentious fashion, Thomas Bien provides a sophisticated introduction to Buddhist philosophy and practice. That he can pull that feat off in a book that contains a section called 'Why Your Dog Is Happier Than You Are' is both a testimony to his skill as a writer and to his contagiously easy relationship with these ancient teachings. I heartily recommend savoring these pages!"

— **Steven Forrest**, author of *The Inner Sky and Yesterday's Sky*

"Brilliant, captivating, and insightful, *The Buddha's Way of Happiness* will help all of us move toward greater degrees of joy, ease, and freedom."

— **Shauna L. Shapiro, Ph.D.**, associate professor at Santa Clara University and coauthor of *The Art and Science of Mindfulness*

"In this wise, readable book, Bien reveals the essence of ancient Buddhist psychology—the psychology of happiness—for modern readers. Then he offers practical strategies for uncovering the happiness we already possess. Recommended for anyone who seeks freedom from suffering at the deepest level."

— **Christopher K. Germer, Ph.D.**, clinical instructor at Harvard Medical School and author of *The Mindful Path to Self-Compassion*

"...With warmth and compassion, Bien draws a wonderful road map to happiness. I highly recommend this book to anyone dealing with any form of suffering, but also to whomever wants to find a pathway leading to well-being and wishes to discover the magic and the healing power of being deeply present."

— **Fabrizio Didonna, Psy.D.**, clinical psychologist and editor of *The Clinical Handbook of Mindfulness*

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