



Excerpts from the Book

The root of your dissatisfactions is not to be found in problems themselves, but rather in the way that you think.

Terms like “working on yourself” and “dealing with your issues” are irrelevant to positive psychology because effort is not necessary.

A persons identification as a seeker can be a profound obstacle to their own realization.

Until you learn how to summon self-acceptance, self-compassion, and self-encouragement, insecurities will continue to lurk within.

Enlightened living involves living more fully in the present. Although you may have plans and preferences, attachments to outcomes lose their importance.

When you allow your authenticity and vulnerability to arise, the phoniness of your personality transforms into the uniqueness of your individuality.

Attempts to override fear using positive affirmations can result in internal conflict.

There is nothing that will sabotage your happiness more quickly than perceiving life through a filter of victimization.

You have within you an infinite well of compassion that can dissipate resentments, help you to forgive yourself and others, and free you from feelings of separateness and loneliness.