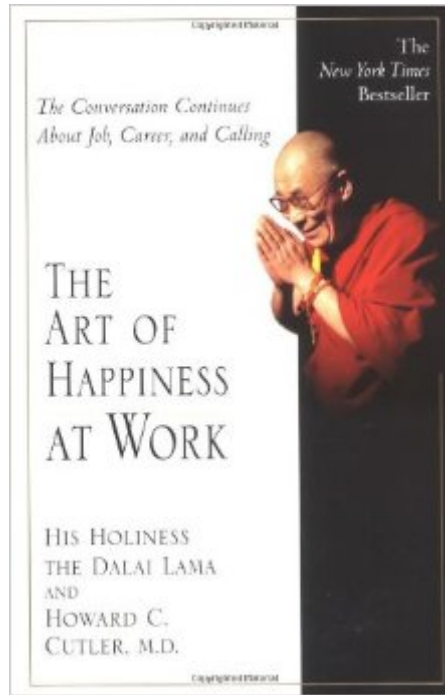


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The Art Of Happiness At Work



Synopsis

From the authors who brought you the million-copy bestseller *The Art of Happiness* comes an exploration of job, career, and finding the ultimate happiness at work. It spent nearly two years on the New York Times bestseller list and has sold well over a million copies in hardcover. It remains, five years later, in its original hardcover edition. It was the book by the Dalai Lama that broke new ground, that made him accessible to a larger audience, spreading his words of daily wisdom and message of inner peace that captured the imagination of America. His Holiness the Dalai Lama, for the first time since that revolutionary book, has once again teamed up with psychiatrist Howard Cutler to resume the discussion about what makes life meaningful begun in *The Art of Happiness*. Over the past several years, Howard Cutler has continued his conversations with the Dalai Lama, asking him the questions we all want answered about how to find happiness in the place we spend most of our time. Work—whether it's in the home or at an office—is what mostly runs our lives. We depend on it to eat, to clothe and shelter ourselves, and to take care of our families. Once again, Dr. Cutler brings forward seminal studies and asks the Dalai Lama to respond. Beginning with a direct correlation between productivity and happiness, Dr. Cutler questions His Holiness about the nature of work. In psychiatry and according to the Dalai Lama, our motivation for working determines our level of satisfaction. The book explores these three levels of focus: Survival: focus on salary, stability, food and clothing; Career: focus on advancement; Calling: focus on work as a higher purpose. Cutler probes the Dalai Lama's wisdom by posing these questions: How does the relationship between our personal values and those of our employers affect happiness? What is the relationship between self-awareness and work? What are the main sources of dissatisfaction and how can we cope with them? How do we deal with conflicts with coworkers and bosses? How do we deal with jealousy, anger, or hostility at work? How does the lack of freedom affect our levels of happiness? How do we deal with boredom or lack of challenge? Unfair criticism? Overly demanding or taxing situations? Job change and unemployment? Once again, Cutler walks us through the Dalai Lama's reasoning so that we know how to apply the wisdom to daily life. This practical application of Buddhist ideas is an invaluable source of strength and peace for anyone who earns a living. The Dalai Lama's most recent book, *The Wisdom of Compassion*, is now available from Riverhead Books.

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Customer Reviews

In 1998, H.H. the Dalai Lama joined Dr. Howard C. Cutler, an American psychiatrist, in writing a book "The Art of Happiness" which became a best-seller. This book taught the importance of "looking within" and of controlling destructive emotions in living a good life and finding happiness. Dr. Cutler and the Dalai Lama have again collaborated in this follow-up book which applies the insights of the initial volume to life situations which are, typically, the sources of great conflict. Several additional books, in addition to this book exploring the world of work, are underway. The book is based upon a series of conversations held between the Dalai Lama and Dr. Cutler over the course of several years. Dr. Cutler is responsible for the format and editing of the book. The final product was read and approved by the Dalai Lama's interpreter. Early in the volume, the Dalai Lama reminds Dr. Cutler that the focus of the inquiry is "secular ethics" (p.7) One of the most valuable features of the book is that it shows how the Dalai Lama can use his spiritual tradition to articulate values that can be shared by many people, whether or not they are religious believers. Another feature of the book is the significance of the subject matter. Many people trust and listen to the Dalai Lama where they will be reluctant to accept possibly similar advice from experts, such as psychiatrists, or from teachers in Western religious traditions. The book is deceptively simple in tone and teaching, but hard to realize. In a series of discussions Dr. Cutler explores with the Dalai Lama the reasons why many people tend to be bored or dissatisfied with their jobs. Dr.

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