

1. Record Nr.	UNINA9910785890403321
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Titolo	Sustainable happiness : the mind science of well-being, altruism, and inspiration // Joe Loizzo
Pubbl/distr/stampa	New York : , : Routledge, , 2012
ISBN	1-136-99319-3 1-283-60775-1 9786613920201 1-136-99320-7 0-203-85481-0
Descrizione fisica	1 online resource (745 p.)
Classificazione	PSY028000PSY036000
Disciplina	158
Soggetti	Happiness Mind and body Well-being
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title Page; Copyright Page; Dedication; Contents; Illustrations; Buddhological Foreword; Interpersonal Neurobiological Foreword; Preface and Acknowledgments; Introduction: Recent Breakthroughs, Timeless Methods; PART 1 Turning the Body Wheel: Deep Mindfulness and Personal Healing; 1 Deep Mindfulness and Self-Healing; 2 Self-Analysis, Insight, and Freedom; 3 The Lifelong Path of Contemplative Health; PART 2 Turning the Speech Wheel: Compassion and Social Healing; 4 Clearing the Mind for Social Engagement; 5 De-Reifying and Dismantling the Reactive Self 6 Altruism and the Path of EngagementPART 3 Turning the Mind Wheel: Creativity and Cultural Healing; 7 Role-Modeling Imagery and Self-Transformation; 8 The Art and Science of Reconstructing Life; 9 Living Altruism through Impassioned Vision; PART 4 Turning the Bliss Wheel: Sublimation and Natural Healing; 10 Sublimation-Tapping and Channeling Flow; 11 Inspiration-Turning Bliss to Light; 12 Uniting Pure Inspiration with Perfect Clarity; Conclusion: Four Paths, One Happiness-Sustainable Living Today; Notes; References; Glossary of Technical

"Today's greatest health challenges, the so-called diseases of civilization--trauma, depression, obesity, cancer--are now known in large part to reflect our inability to tame stress reflexes gone wild and to empower instead the peaceful, healing and sociable part of our nature that adapts us to civilized life. The same can be said of the economic challenges posed by the stress-reactive cycles of boom and bust, driven by addictive greed and compulsive panic. As current research opens up new horizons of stress-cessation, empathic intelligence, peak performance, and shared happiness, it has also encountered Asian methods of self-healing and self-transformation more effective and teachable than any known in the West. Sustainable Happiness is the first book to make Asia's most rigorous and complete system of contemplative living, hidden for centuries in Tibet, accessible to help us all on our shared journey towards sustainable wellbeing, altruism, inspiration and happiness"--
