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| Nota di contenuto       | War in the soul -- The answer of religion -- The way of acceptance -- The return of the gods -- The vicious circle -- The one in the many -- The great liberation -- The love of life.             |
| Sommario/riassunto      | "A discussion of the ways that different cultures and religions define happiness and describe how it can be achieved; draws upon eastern philosophy, western mysticism, and analytic psychology"-- |