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Radical Happiness: A Guide to Awakening

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Radical Happiness: A Guide to Awakening Gina Lake
Radical Happiness provides the keys to experiencing the happiness that is always present and not dependent on circumstances. This happiness doesn't come from getting what we want, but from wanting what is here now. It comes from realizing that who we think we are, that is, who our thoughts tell us we are is not who we really are. This is a radical perspective! True happiness comes from experiencing our true nature by being present in each moment. *Radical Happiness* describes the nature of the egoic state of consciousness, how the ego interferes with happiness, how to detach from the ego, how to be in the moment, how to be with emotions in a way that heals and releases them, what awakening and enlightenment are, and how to live in this world following awakening. Exercises are included to help you apply the information and transform your experience of life--and become happier!

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