

Happiness Is a Smokin Gun is a practical guide for everyday life. We all want more happiness, but often go about getting it in the wrong way. The first half of the book is about tackling our current states of thought. This includes better problem-solving techniques, identifying and dealing with needless worrying, and finding better ways to deal with negative emotions. Through various examples and stories, readers will get a glimpse of how to better their thinking, which in turn will help change their current state of consciousness. The second part focuses on the things that make us happy. This comes down to: Passion/Success, Love, Solitude/Meditation, Sublimity, and knowledge. Each of these chapters comprises the reasons why we strive for these states of consciousness. As human beings, we are constantly working toward one of these avenues, as they make us feel alive and in love with the world. In the end, we see that it is only our current state of thought that stands in the way of our own happiness. It is our failure to let go of the past as well as our fears of the future that keeps us from embracing the happiness that is in the here and now. Author Bio: Ian Crowley grew up in Ottawa, Ontario, Canada, and studied philosophy before moving to Seoul, South Korea. Part of his inspiration comes from the teachings of the Buddha, and the late Jiddu Krishnamurti. He is now writing his next book. Publishers website: <http://sbpra.com/iancrowley>

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