



Beyond Happiness: The Zen Way to True Contentment

Ezra Bayda

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Many books have been published in recent years on happiness. Ezra Bayda, a remarkably down-to-earth Zen teacher, believes that the happiness "boom" has been largely a bust for readers. Why? Because it's precisely the pursuit of happiness that keeps us trapped in cycles of dissatisfaction and suffering.

In *Beyond Happiness*, Bayda draws on Zen teachings to question our conventional notions about what happiness is and where we can find it. Most of us seek happiness in things that are external to us. We imagine that getting more money, a better relationship, or going on a nice vacation will finally make us happy. But Bayda shows us that the deepest and most lasting form of happiness does not rely on external circumstance at all. Bayda offers Zen insights and practices that point readers toward the true sources of lasting happiness: mindfulness, compassion, gratitude, and generosity.

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