



A Million Different Things: Meditations of The World's Happiest Man

David Stone

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"A Million Different Things" is a series of short, related essays (We call them meditations.) on the subject of learning to be happy and staying that way. Happiness itself is an idea unique to each of us, and this book talks about discovering the practices that can make it happen for anyone. David Stone tells the story of growing from an intense investigator about "what makes reality real... or not" to a practitioner who learned that knowledge is worth little unless it leads us deeper into the surprising world most never recognize around them. The book includes practical steps taken from real life experiences and shows how easy and pleasurable it can be for anyone to understand what happiness may be for them and how to get there fast. Just as importantly, the author explains in detail the habits that prevent personal fulfillment and how they got there. He explains his discovery that joy is supposed to be easy and how to let it be so. Readers see this as a how-to manual on becoming a dreaded "morning person," one of those people waking up each morning full of optimism driven by personal insight and playful practice.



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