



Genuine Happiness: Meditation as the Path to Fulfillment

B. Alan Wallace

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Discover your personal path to bliss

"This book will give anyone interested in the spectrum of core meditative practices stemming from the Buddhist tradition but in essence universal the deepest of perspectives on what is possible for us as human beings as well as excellent guidance in the essential, time-tested attitudes and practices for actualizing our innate capacity for wisdom, compassion, and well-being, right here and right now."

—**Jon Kabat-Zinn**, author of *Coming to Our Senses* and *Full Catastrophe Living*

"In *Genuine Happiness*, Alan Wallace displays his rare talent in boiling down the complex to the clear and in guiding readers through a practical path to contentment. A gift for all moods and seasons."

—**Daniel Goleman**, author of *Emotional Intelligence: Why It Can Matter More Than IQ*

"This lucid and rich book offers brilliant, wise, and accessible teachings on the essentials of four core meditation techniques that lead one to genuine joy and happiness. Alan Wallace's years of practice and teaching shine through every page, as with ease and great humanity, he brings to the reader the possibility of liberation."

—**Joan Halifax Roshi**, abbot of Upaya Zen Center

"*Genuine Happiness* is a treasure chest of wisdom: clear, inspiring teaching jewels. It is an excellent support for any student of meditation."

—**Sharon Salzberg**, author of *Faith: Trusting Your Own Deepest Experience*

In today's overstimulated world, many are realizing that happiness gained through material wealth and frivolous conquests is short-lived. To achieve long-term happiness, you must access your own bountiful resources—housed in your heart and mind. In *Genuine Happiness*, longtime Buddhist practitioner Alan Wallace shows you the path to bliss.

Drawing on more than three decades of study under His Holiness the Dalai Lama and sixty other teachers, as well as 2,500 years of Buddhist tradition, Alan Wallace guides you step by step through five simple yet powerful meditations to help you focus your mind and open your heart to true happiness. Featuring a Foreword by the Dalai Lama, this book will help you discover that it is possible to experience genuine happiness every day.

As you incorporate the meditations from *Genuine Happiness* into your life, you will discover that the joy you've sought has always been only a few meditative minutes away.

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