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October 27th 2016: **Choosing Happiness Here and Now**

Each one of us has a desire to find happiness regardless of how we define it. However, happiness is not something we find but something we choose. Acknowledging that sorrow and suffering should be embraced as a natural part of life, Joseph Emet will talk about how to use multiple mindfulness techniques to foster happiness even when life is far from perfect. These practices will help you retell your personal story, incorporate moments of pleasure into each day, and identify and omit the destructive habits that we assume will bring happiness. He will help you understand how emotional states impa

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Featured Guest



Joseph Emet

Joseph Emet trained with Zen master Thich Nhat Hanh at Plum Village in France and was made a Dharma teacher in Thich Nhat Hanh's tradition. He has a doctorate in music from Boston University and is the author of "Buddha's Book of Sleep" (winner of the 2013 COVR Award for Book of the Year), "Buddha's Book of Stress Reduction," and "Buddha's Book of Meditation." He has recently published "Finding The Blue Sky: A Mindful Approach to Choosing Happiness Here and Now." The founder of the Mindfulness Meditation Centre in Montreal, Emet lives in Pointe-Claire, Canada. <http://mindfulnessmeditationcentre.org/>

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