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October 27th 2016: Choosing Happiness Here and Now

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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.

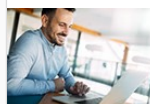
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