



# The Art of Happiness

*John Cowper Powys*

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*'It is not our struggle to be happy that is mistaken; it is our false idea that we can find happiness anywhere but in ourselves... happiness does not depend on outward things. It is born of the mind, it is nourished by the mind, it is what rises, like breath in a frosty air, from the mind's wrestling with its fate...'*

*The Art of Happiness* (first published in 1935) belongs to John Cowper Powys's sequence of philosophical writings, and finds him exploring the problem of how man lives with his fellow man, and also with woman - that is to say, here, as opposed to the abstract arguments concerning Man in the universe, Powys is concerned with the practical arguments such as arise between man and his neighbour, his wife, his lover - and also with man's arguments against himself, all in the pursuit of happiness. The careful reader will find herein hints, clues, intimations, as to how we all might become a little happier - an invitation few of us would feel so fortunate as to refuse.

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#### **Calvin Williams:**

Playing with family inside a park, coming to see the ocean world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try point that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love The Art of Happiness, it is possible to enjoy both. It is good combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

#### **Francis Griffin:**

Many people spending their moment by playing outside having friends, fun activity with family or just watching TV the entire day. You can have new activity to pay your whole day by studying a book. Ugh, do you think reading a book can actually hard because you have to take the book everywhere? It ok you can have the e-book, taking everywhere you want in your Smartphone. Like The Art of Happiness which is having the e-book version. So , why not try out this book? Let's see.

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