



## Diving Deeper: Mastering the Five Pools of Happiness (Paperback)

By David Kuenzli

Dog Ear Publishing, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. - Personal growth - Psychology - Self-help - Spiritual Development After the death of his wife, David Kuenzli began a transformative inner journey. Was it possible, he wondered, to find deeper happiness, even while facing some of life's most painful and difficult challenges? DIVING DEEPER: Mastering the Five Pools of Happiness will help you discover the steps to create an enduring sense of happiness - even when faced with adversity and suffering. Using a unique paradigm for understanding and creating deeper happiness, Kuenzli describes the five pools (or levels) of happiness, and the turbulent waters and dangerous undertows to avoid. Diving Deeper also includes more than three dozen heart-warming and inspiring essays written by David Kuenzli's friends, as they reflect on what life passions bring them joy. In Diving Deeper: Mastering the Five Pools of Happiness you will discover ways to: \* Savor the pleasures of life. \* Achieve a balanced sense of success. \* Create a more meaningful life by discovering your life passions. \* Find your heart's passion and learn to use it to make a...



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