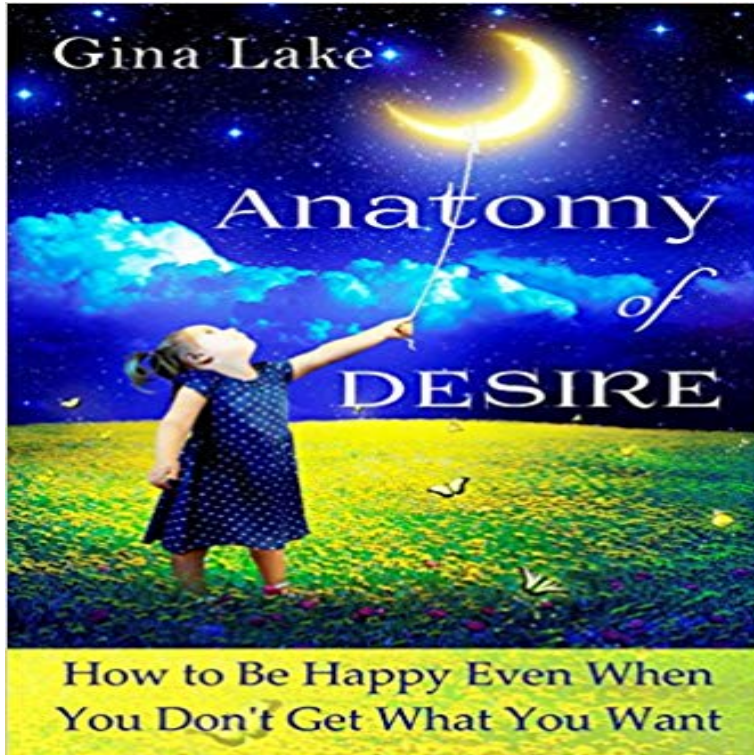


Anatomy of Desire: How to Be Happy Even When You Dont Get What You Want



We expect that getting what we want will finally make us happy, but what we find is that it mostly just leads to wanting more or wanting something different. Our desires toss us to and fro until we tire of this and begin to question the value of following our desires. Anatomy of Desire will help you understand desire and its purpose in your life. It will also help you discriminate between your Hearts desires and the egos and to relate to the egos desires in a way that reduces suffering and increases joy. By pointing out the myths about desire that keep us tied to our egos desires and the suffering they cause, Anatomy of Desire will help you be happy regardless of your desires and whether you are attaining them. So it is also about spiritual freedom, or liberation, which comes from following the Heart, our deepest desires, instead of the egos desires. It is about becoming a lover of life rather than a desirer. Anatomy of Desire explains: - The truth about desire - Where desires come from and their purpose in spiritual evolution - How to relate to your desires in a way that doesnt cause suffering - How desires, fantasies, memories, and dreams create suffering - How to tell the difference between your Hearts desires and the egos - How to become free from fear - How you create your reality - How to develop your intuition - How to know what your Heart wants and to follow it - How to be happy

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none Mar 18, 2012 If you really want to know where you destiny lies, look at where you apply your time. You may or may not realize it yet, but how you use or dont use your time is When you are good at something, passionate and work even harder to . Thats what Mark Cuban is saying here: its impossible for you to get **Being Happy (Even When You**

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