



The Art of Serenity: The Path to a Joyful Life in the Best and Worst of Times

By T. Byram Karasu M.D.

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We all face adversity, both man-made and natural. How do we survive the loss of a loved one, a betrayal, illness, even impending death, and still find meaning in our lives? Even a "normal" life can seem empty, in spite of material possessions, success, power, and pleasure. In our search for fulfillment and meaning, we work through our past and present conflicts, cuddle our inner child, and redesign our outer adult. We attend workshops on life and secular spirituality and explore the comforts of traditional religion. We get married and divorced, experiment with drugs and alcohol, change jobs. And while our restlessness and unease may abate temporarily, the hollow feeling that there is something missing always returns. In his profound and accessible work, *The Art of Serenity: The Path to a Joyful Life in the Best and Worst of Times*, Dr. T. Byram Karasu offers us the key to an extraordinary state of mind -- authentic, soulful happiness -- in the face of everything our life has to offer and take away. The door to this state of mind is opened by a combination of soul and spirit. It involves the soul through the love of others, love of work, and the love of community. It involves the spirit through belief in the sacred and belief in transformation. It culminates in the love of and belief in God. Brilliantly synthesizing psychology and spirituality, Dr. Karasu will guide you to explore the deepest yearnings of your heart.

There is no end to the journey to real happiness; there is no best place to start or best time to begin. So where and when to start? Start here, where you are, and start now.

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- Sales Rank: #1296223 in Books
- Published on: 2003-01-02
- Released on: 2003-01-02
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x 1.00" w x 5.50" l, .99 pounds
- Binding: Hardcover
- 256 pages

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Editorial Review

Amazon.com Review

No matter how many self-help books we read, workshops we attend, spiritual endeavors we pursue; no matter how often we cuddle our inner child or redesign our outer adult, many people keep returning to a gnawing angst and vague unhappiness, according to T. Byram Karasu, author of *The Art of Serenity*. One of the problems is that many of us define happiness in paradisiacal, childish terms, causing us to feel like we're missing out. "Happiness in adulthood, however, requires realism, reciprocity, and coming to terms with one's mortality," he writes. And, of course, it requires us to cultivate the art of serenity.

Like M. Scott Peck, author of *The Road Less Traveled*, Karasu brings a psychological background to the area of spiritual growth. (Karasu is the chair of the Department of Psychiatry and Behavioral Science at the Albert Einstein College of Medicine, as well as the editor in chief of the *American Journal of Psychotherapy*.) Sometimes blending spirituality and psychology muddies the waters, but Karasu has a solid understanding of how the two worlds intersect and has created an outstanding and completely accessible guide to lasting inner happiness. The door of joyful serenity can only be opened by a "combination key involving both soul and spirit," he explains. And it all culminates in the love of God. Using real-life cases from his psychotherapy practice, Karasu illustrates how the principles of soul work and spirit work are applied to daily lives. From lovers' jealousy to workplace angst, from friendships to solitude, Karasu offers original, lasting advice and insights. Read this one and put it on your shelf by your other spiritual classics--it's sure to be a lifetime companion. --Gail Hudson

From Publishers Weekly

Drawing on, among many other traditions and influences, folktales, mythology, Eastern philosophy, Sufi poetry and Judeo-Christian theology, Karasu, a scholar, lecturer and the editor in chief of *American Journal of Psychotherapy*, fashions a spiritual guide to help suffering people find genuine happiness and "an extraordinary and permanent joyful serenity." His message is a simple one: such serenity comes from loving others, loving one's work and belonging to a community, and from being able to believe in unity, the sacred, and the possibility of transformation. These feelings find their ultimate meaning and inspiration, he says, in "believing in and loving God." Moving through these themes in compassionate chapters full of anecdotes, literary references and stories from his own patients, Karasu shows how they resolved their issues and learned to live with joy. More philosophical than practical, Karasu's moving book will appeal to those seeking a profound journey, rather than those who seek concrete steps for better living.

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Review

Thomas Moore author of *Care of the Soul* and *Original Self* A solid, insightful book that should help anyone who reads it sort through the ordinary trials of a life. But it is especially valuable for offering rich ideas, so often lacking, on the role of spirituality. I recommend this book for its clarity and good insights.

Deepak Chopra author of *Grow Younger, Live Longer* A bold and brilliant new book that seeks -- and finds! Dr. Karasu's illuminating journey begins in the search for the lost paradise we all yearn for. And he helps us to ultimately discover it in love and belief beyond ourselves. What a brave odyssey toward enlightenment -- a must for everyone who yearns for happiness!

Leon Botstein president, Bard College T. Byram Karasu brings an acute understanding of contemporary life

in America and a rare sensitivity to the complex issues of theology to bear on the individual search for meaning and contentment. This book will edify, challenge, and perhaps infuriate its readers, precisely because it is a courageous foray into the central question that each of us faces.

Larry King Dr. Byram Karasu's latest work is his best work yet. This is a wonderful primer toward the answers to many psychological, social, and spiritual needs and issues. Highly recommended for anyone interested in being better tomorrow than...today.

Howard C. Cutler, M.D., coauthor with His Holiness the Dalai Lama of *The Art of Happiness* How can we find a life of genuine happiness and fulfillment, a life of joyful serenity? How can we incorporate a spiritual dimension in our everyday lives? In this brilliantly written work, Dr. T. Byram Karasu addresses these questions, guiding us on a remarkable journey exploring the deepest yearnings of the human heart....*The Art of Serenity* is profound, absorbing, and insightful, written for those seeking a more soulful and spiritual existence.

Paul LeClerc, Ph.D., president, The New York Public Library An eloquent, learned, and wise argument for approaching the complexity of life in a new way. Many readers will find solace and hope in the guidance [Dr. Karasu] offers in these beautifully written pages.

Users Review

From reader reviews:

Lawrence Rowe:

Book will be written, printed, or illustrated for everything. You can learn everything you want by a publication. Book has a different type. As it is known to us that book is important issue to bring us around the world. Alongside that you can your reading expertise was fluently. A e-book The Art of Serenity: The Path to a Joyful Life in the Best and Worst of Times will make you to become smarter. You can feel a lot more confidence if you can know about anything. But some of you think that will open or reading a new book make you bored. It is far from make you fun. Why they may be thought like that? Have you searching for best book or suitable book with you?

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Lorenzo McAvoy:

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you, dripping every ideas and composing skill only for eliminate your hunger then you still uncertainty The Art of Serenity: The Path to a Joyful Life in the Best and Worst of Times as good book but not only by the cover but also by the content. This is one publication that can break don't judge book by its include, so do you still needing a different sixth sense to pick this specific!? Oh come on your reading through sixth sense already told you so why you have to listening to another sixth sense.

Michael Hollinger:

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