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 were 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--its sure to be a lifetime companion. --Gail Hudson

My Personal Review:
How do we live life with all its "twists and turns" to find meaning and happiness? T. Byram Karasu in his extraordinary book, "The Art of Serenity", takes us on a journey to find the answer. Karasu, presently Silverman Professor and the University Chairman of the Department of
Psychiatry & Behavioral Sciences at Albert Einstein College of Medicine and Psychiatrist-in-Chief at Montefiore Medical Center, serves as an excellent guide in finding the answer.

Karasu begins with the premise that we are born with the knowledge of God and are innately spiritual beings, making the cultivation of our spiritual side critical to achieving serenity. "Be a grown-up, soulful, and spiritual person...The first-step is growing up. If you have not, you cannot cultivate your soul and spirit, and will be chronically susceptible to unhappiness."

Breakthroughs in spirituality can only be made possible by a backward leap, returning to faith, that is believing and loving God. This return to faith leads us to the love of self, the love of others, the love of work, and the love of belonging - all critical to finding meaning, fulfillment, and happiness in all aspects of life.

"The Art of Serenity" is told in three parts - "The Way of the Soul" (why love makes a difference); "The Way of the Spirit" (why belief is critical to our transformation); and "The Way of God" (why religion is the natural ground of spirituality). This content-filled book can be digested by everyone, but will be most appreciated by those who have taken the first step, growing up. "Art" will not be a quick read as you will want take your time, absorbing and reflecting on its richness.

We are spiritual beings on a human path on a pilgrimage for meaning, fulfillment and wholeness. Karasu's "The Art of Serenity is a great guidebook, with all the landmarks and detours well marked.

For More 5 Star Customer Reviews and Lowest Price:

The Art of Serenity: The Path to a Joyful Life in the Best and Worst of Times by T. Byram Karasu - 5 Star Customer Reviews and Lowest Price!