



A Course in Happiness: Mastering the 3 Levels of Self-Understanding That Lead to True and Lasting Contentment

Mardi Horowitz M.D.

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"Wise counsel from one of America's most respected psychiatrists." -Irvin Yalom, author of *Staring at the Sun* and *When Nietzsche Wept*, Emeritus Professor of Psychiatry, Stanford University

For many, getting in touch with that elusive thing called "happiness" is rarely simple—and achieving any kind of lasting happiness can feel like an insurmountable challenge. Perhaps what we need is an education on the subject . . . *A Course in Happiness*. In this book, Mardi Horowitz draws on more than forty years of experience as a practicing psychiatrist to provide readers with just this.

According to Dr. Horowitz, happiness is essentially a by-product of self-knowledge; in order to be happy, we need to understand who we truly are. In *A Course in Happiness*, he details a deeply rewarding course in mastering the three levels of self-understanding that underlie happiness:

Integration: the ability to assemble all the pieces of one's self into a whole, complete, understood, and respected "me."

Intimacy: the capacity to remain closely connected to the warmth of relationships with family, friends, colleagues, and others in a social community.

Integrity: the insight to know which of one's values are most dear and which are lower in priority—and then to be true to what is the most important, even in the midst of conflict.

A Course in Happiness offers a road map for achieving genuine and lasting contentment.

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