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Yoga and the Pursuit of Happiness: A Guide to Finding Joy in Unexpected Places

Sam Chase

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True happiness isn’t as unattainable as we often think it is. It’s a fundamental human experience available to us all in different ways and in different moments. This profound and witty guide will show you how the philosophy of yoga can help you manage stress and achieve lasting joy and well-being.

Everyone is looking for happiness, but very few really know where to find it. Maybe it’s that house you’ve been dreaming of buying, or a new car, or the perfect relationship? Despite what advertisers have been telling us all our lives, the answer to finding true happiness isn’t in having more, more, more. It turns out the answer is much simpler—and profound—than we could have imagined.

In *Yoga and the Pursuit of Happiness*, you’ll discover that lasting happiness is already at your fingertips—in the small, everyday moments inherently infused with purpose and meaning—and yoga will show you how to find it. The philosophy of yoga boils down to one fundamental process: overcoming suffering by coming to know ourselves and aligning our actions with our own intrinsic sense of spiritual purpose. And yoga gives us the tools to address two basic existential questions: *Who am I? What should I do?*

In this thought-provoking, challenging, and entertaining guide, celebrated yoga instructor Sam Chase blends ancient wisdom from the *Bhagavad Gita* and *Yoga Sutras* with modern psychology to show you how to deepen your understanding of yourself and the world around you, end the cycle of materialism and greed that can get in the way of cultivating stillness of mind, and achieve lasting happiness and joy. A fabulous read for both the seasoned yogi and the novice alike!

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