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HAPPINESS AND THE ART OF BEING 2 cloud the pure simplicity and clarity of being, making what is obvious appear to be obscure. Like any other science, the science of being begins with observation and analysis of something that we already know but do not fully understand, and proceeds by reasoning to formulate a plausible hypothesis that can explain

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The Art of Happiness (Riverhead, 1998, ISBN 1-57322-111-2) is a book by the Dalai Lama and Howard Cutler, a psychiatrist who posed questions to the Dalai Lama. Cutler quotes the Dalai Lama at length, providing context and describing some details of the settings in which the interviews took place, as well as adding his own reflections on issues raised.

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