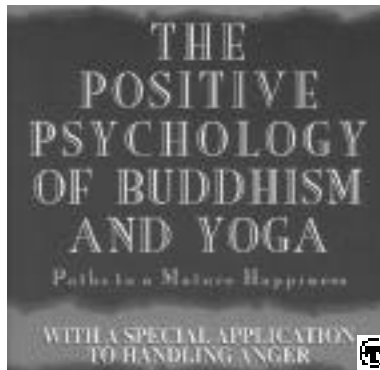




New Paths To Happiness

(NAPS)—An “intellectual tour-de-force” and “a remarkable text” are just two of the phrases used to describe a book that provides a modern perspective on Eastern religious practices, and how they may be applied to daily living.



This new book “has promise of becoming an instant classic” according to Case Western Reserve University Reviewer Suresh Srivastva.

The Positive Psychology of Buddhism and Yoga (LEA, Inc., \$18.95) by the eminent psychologist Dr. Marvin Levine is a primer about Buddhism and Yoga, an integration of Eastern and Western views. It offers a new kind of spirituality, one consistent with the modern scientific world view.

Dr. George Howard of Notre Dame says, “There are few books that can make a real difference in people’s lives; this is one of them...” According to Dr. Philip Zimbardo of Stanford University, “Levine tells a profound story in a style that engages while it informs us of new ways to view the world within ourselves and without.”

According to the author, the serious reader should not only learn the essentials of Buddhism and Yoga, but should also start to experience less anger and stress, improve relationships with co-workers, family and friends, and face life’s challenges with greater wisdom and strength.

The Positive Psychology of Buddhism and Yoga is available directly from the publisher at 1-800-9-BOOKS-9, and online from Amazon, Borders, and Barnes & Noble.