



The Unbelievable Happiness of What Is: Beyond Belief to Love, Fulfillment, and Spiritual Awakening

Jon Bernie

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What do you *really* want—isn't it happiness? And what keeps you from being happy? Could it be that your need to cling so tightly to what you believe—about yourself and life, about how things *should* be—is what's holding you back? In *The Unbelievable Happiness of What Is*, a contemporary spiritual teacher in the non-duality tradition reveals how confronting and letting go of our negative beliefs about ourselves and the world ultimately sets us on the path toward an awakened life of profound joy, meaning, and purpose.

We all want peace and freedom and love and happiness, we all want to be fulfilled, but so many of us fail to reach the level of contentment we've built up in our minds, often believing there's something wrong with us and blaming ourselves, others, or circumstances for our perceived lack of accomplishment or satisfaction. But the truth is, happiness is not something you have to get or achieve, because it's something you already have—in fact, it's what you already *are*.

With this book, author Jon Bernie—counselor, healer, and teacher in the lineage of Adyashanti—sheds light on the struggle to find happiness, showing how our unexamined beliefs distort our identities and make us suffer by creating unconscious tension in our bodies and minds. You'll learn how to bring awareness to these patterns and begin to unravel the tightly held, negative beliefs that have overshadowed your existence, finally moving through them and into a brightening of experience and the realization of true happiness, liberation, peace, and fulfillment.

Using this compassionate, heart-centered approach, you'll work with your feelings rather than resist them, and find guidance and support in surrendering to the relief of not knowing. You'll also learn to relax into and live *as* awareness in your day-to-day life. Most importantly, you'll discover that which you've been seeking but has never really been out of reach—something that is, indeed, beyond belief: the unbelievable happiness of accepting what is.

The Unbelievable Happiness of What Is: Beyond Belief to Love, Fulfillment, and Spiritual Awakening Details

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Carrie says

I received an ARC of this book courtesy of Netgalley in exchange for an honest review.

I hate to say it, but this book was waaaay to hippy dippy for me. It really just wasn't my style, and I skimmed most of the book.

Steve Rupe says

I could not put this book down. You read each chapter and you feel that you are with the author. There is a power that is palpable that is beyond the words. I am an enthusiastic reader of spiritual literature and this means alot to me. The book is really a kind of meditation in itself, very powerful and meaningful. Don't miss this one.

Erin Boehm says

I really enjoyed this book, it really helped me put things into perspective and re-evaluate things in my life and refocus my energy .

JAnn Bowers says

After reading this book, I felt so relieved as if all the stress had melted away and happiness glowed from me. I always try to meditate, pray and live in the moment and not worry about the future or the past and except the "what is". This book opened my eyes even further.

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