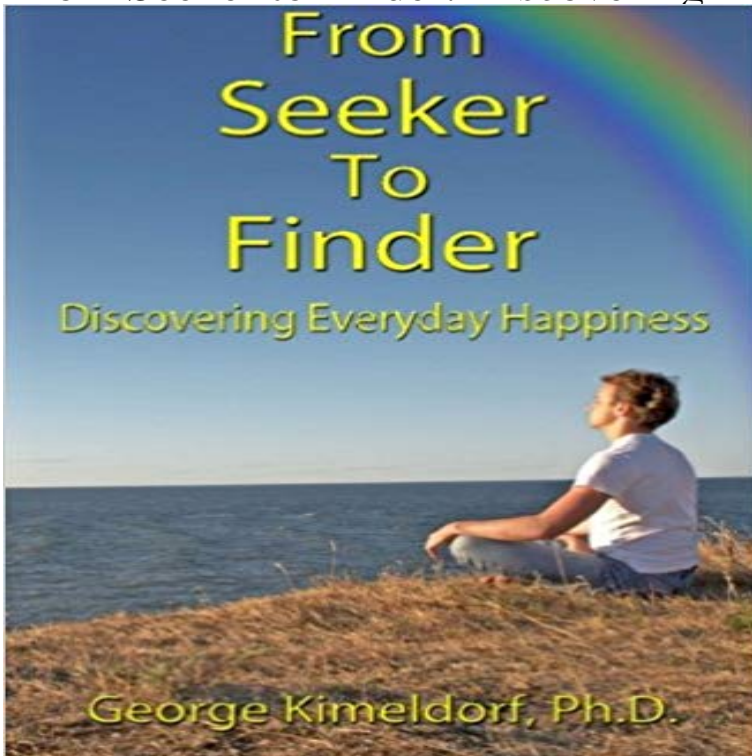


From Seeker to Finder: Discovering Everyday Happiness



Learning to be happy is not mystical, mysterious, or magical. Happiness is an ordinary skill that anybody can learn and master through practice, like driving a car or playing the piano. George Kimeldorf, having mastered and taught the skill of happiness, uses examples from his own life to explain why self-help books are mostly counterproductive and why seekers, despite doing all the right things, rarely find joy, satisfaction, and peace of mind. This revised version of the book, *From Seeker to Finder: Discovering Everyday Happiness*, is an accessible guide to the everyday practice of happiness available to each of us. *From Seeker to Finder: Discovering Everyday Happiness* is an inspirational account of one man's personal transformation and his commitment to a life of joyful well-being. By sharing himself in this clear and caring way, George Kimeldorf sets the reader on a course toward self-love, happiness and harmony. don Miguel Ruiz Author of the international best-seller, *The Four Agreements*

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