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If things are going well and we are happy, we are not defensively trying to deny the possibility of suffering. This unity, this integration, comes from deeply accepting darkness and light, and therefore being able to be in both simultaneously.". — Sharon Salzberg, *Lovingkindness: The Revolutionary Art of Happiness*.

Lovingkindness Quotes by Sharon Salzberg

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Lovingkindness : The Revolutionary Art of Happiness by Sharon Salzberg is by far one of the best books ever written. And contrary to what others have said in their reviews, I believe that this book can be read by anyone. If meditation makes you uncomfortable, think of it as a positive affirmation.

Lovingkindness: The Revolutionary Art Of Happiness ...

Lovingkindness : the revolutionary art of happiness Sharon Salzberg, Jon Kabat-Zinn Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing.

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Lovingkindness : the revolutionary art of happiness. [Sharon Salzberg; Recorded Books, Inc.] -- Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others.

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