



Happiness without Pursuit: Seven aspect of Mind to Transcend

Amit Chhikara

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The Power of Mind comes a fascinating new book that explores the science of Happiness, and why, in today's world, managing how you think - rather than what you think - can transform your life.

At the core of Happiness without Pursuit are seven key concepts - from Past and future to focus and decision making - that explain why some people and companies get so much happy. They view the world, and their choices, in profoundly different ways.

This book explains the 7 layers of mind and how it impact our day to day happiness.

1. Memory the past
2. Unawareness
3. Ambition comparison with others
4. Future
5. Conditioning
6. Arrogance and non-humbleness
7. Imitation

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