



# Transforming Problems into Happiness

By Thubten Zopa

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## Transforming Problems into Happiness By Thubten Zopa

"Happiness and suffering are dependent upon your mind, upon your interpretation. They do not come from outside, from others. All of your happiness and all of your suffering are created by you, by your own mind," says Lama Zopa Rinpoche.

Commenting on an early-twentieth-century Tibetan text of instructions and practical advice for everyday spiritual living, Lama Zopa Rinpoche teaches us how to be happy during hard times by adopting skillful attitudes--ways of interpreting reality that can permit us to live a joyful and relaxed life regardless of circumstance. In *Transforming Problems Into Happiness*, Lama Zopa Rinpoche brings his own special flavor and contemporary relevance to a timeless teaching on Buddhist psychology. This volume will be valuable to all, no matter the spiritual background of the reader or the kind of problems that have led them to ask that ageless question: How can I achieve happiness?

This new edition includes a translation of the root text, Dodrupchen Rinpoche's (1865-1926) *Instructions on Turning Happiness and Suffering into the Path of Enlightenment*, translated by Tulku Thundop.

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## Transforming Problems into Happiness By Thubten Zopa Bibliography

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### Editorial Review

From the Back Cover

"Happiness and suffering are dependent upon your mind, upon your interpretation. They do not come from outside, from others. All of your happiness and all of your suffering are created by you, by your own mind."

Commenting on a 13th-century Tibetan text of instructions and practical advice for everyday spiritual living, Lama Zopa Rinpoche literally teaches us how to be happy when we are not, by bringing about the changes in attitude that permit us to live a happy and relaxed life in which external circumstances no longer rule us. In *Transforming Problems Into Happiness*, Lama Zopa Rinpoche brings his own special flavor or contemporary relevance to a timeless teaching in Buddhist psychology. This volume will be valuable to everyone, whatever their religious or spiritual background.

About the Author

Lama Thubten Zopa Rinpoche is the Spiritual Director of the Foundation for the Preservation of the Mahayana Tradition (FPMT), a worldwide network of Buddhist centers, monasteries, and affiliated projects, including Wisdom Publications. Rinpoche was born in 1946 in the village of Thami in the Solo Khumbu region of Nepal near Mount Everest. His books include *Transforming Problems into Happiness*, *How to Be Happy*, and *Ultimate Healing*. He lives in Aptos, California.

Tenzin Gyatso, the Fourteenth Dalai Lama, is the spiritual leader of the Tibetan people. Born in northeastern Tibet in 1935, he was as a toddler recognized as the incarnation of the Thirteenth Dalai Lama and brought to Tibet's capital, Lhasa. In 1950, Mao Zedong's Communist forces made their first incursions into eastern Tibet, shortly after which the young Dalai Lama assumed the political leadership of his country. In 1959, Chinese forces occupied the city, forcing His Holiness to escape to India. There he set up the Tibetan government-in-exile in Dharamsala, working to secure the welfare of the more than 100,000 Tibetan exiles and prevent the destruction of Tibetan culture. In his capacity as a spiritual and political leader, he has traveled to more than sixty-two countries on six continents and met with presidents, popes, and leading scientists to foster dialogue and create a better world. In recognition of his tireless work for the nonviolent liberation of Tibet, the Dalai Lama was awarded the Nobel Peace Prize in 1989. In 2012, he relinquished political authority in his exile government and turned it over to democratically elected representatives. He is the author of numerous books, including *The Good Heart*, *The Meaning of Life*, *The World of Tibetan Buddhism*, and *The Compassionate Life*.

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