



Contentment

Robert A. Johnson, Jerry M. Ruhl

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Simple Gifts of Contentment

The forces of modern life urge us to achieve and acquire more, pushing us *outward* in our quest for contentment. World-renowned Jungian analyst Robert A. Johnson and psychotherapist Jerry M. Ruhl guide us *inward*, to a deep understanding of true, lasting happiness.

Instead of relegating joy and satisfaction to another time, a different place, a better circumstance ("just as soon as I finish this project / land that perfect job / find a new relationship"), Johnson and Ruhl encourage us to negotiate and embrace "what is." Instructive and wise, this gentle guide contains all the tools we need—including illustrative stories, myths, poems, and practical exercises—to seize true contentment in the here and now.

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