



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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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their own friends. Usually they carrying out activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could be reading a book can be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try out look for book, may be the guide untitled Contentment can be very good book to read. May be it might be best activity to you.

Kimberly Hutton:

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