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He is the author of several books including The Monk and the Philosopher, a dialogue with his father; The Quantum and the Lotus, a dialogue with the astrophysicist Trinh Xuan Thuan; Happiness: A Guide to Developing Life's Most Important Skill; and Why Meditate? His books have been translated into over twenty languages.

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For Ricard, happiness is a deep state of well-being and wisdom

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that flourishes in every moment of life, despite the inevitability of suffering. Individuals can, however, learn to minimize suffering in life by practicing moderation in all things, as well as meditation.

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Sociologists define happiness as "the degree to which a person evaluates the overall quality of his present life-as-a-whole positively. In other words, how much the person likes the life he or she leads." This definition, however, does not distinguish between profound satisfaction and the mere appreciation of the outer conditions of our lives.

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"With compassion, incisive logic, and infectious good humor, Matthieu Ricard exposes the false and limited assumptions we have about our potential as human beings and shows us that true and lasting happiness is not only possible, it is our birthright.

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Happiness: A guide to developing life's most important skill is a fine commentary on happiness, and a repository of life lessons learnt by the author. It is truly the soul-searcher's guide to finding and embracing happiness.

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Happiness does not come automatically. It is not a gift that good fortune bestows upon us and a reversal of fortune takes back. It depends on us alone. One does not become happy overnight, but with patient labor, day after day. Happiness is constructed, and that requires effort and time.

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Excellent guide to some of the ideas behind developing happiness and working with negative bad-habits. Although written from a Buddhist perspective, the themes are universal.

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