Religion/Spirituality

★ Finding the Blue Sky: A Mindful Approach to Choosing Happiness Here and Now

Joseph Emet. TarcherPerigee, $16 trade paper (208p) ISBN 978-0-143-10963-1

Emet, a dharma teacher in Thich Nhat Hanh's tradition, blends mindfulness practice with positive psychology, offering a different perspective on life and the mind. Though most popular books on mindfulness offer techniques for meditative practice and advice for life situations, few suggest a full external engagement with positive thinking as Emet's does. He presents his teachings by providing stories, thoughts for reflection, and practice exercises and songs. By engaging with life mindfully, Emet argues, one is made aware that choice is a possibility. He treats the mind as a fertile garden, watering the positive emotions that lead to greater personal growth, self-knowledge, and creativity. Emet effectively teaches the importance of mood regulation and maintenance, reminding readers to consider their personal needs and pay attention to their mental states and disturbances, and to make room for observing and feeling before expressing. While Emet's teaching of mindfulness is fairly basic for those already familiar with the subject, his approach through positive psychology is fresh and welcome; the newcomer will find a fount of compassionate wisdom to begin the work of personal growth. *(Oct.)*

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