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Contentment: A Way to True Happiness

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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