



A Unified Theory of Happiness: An East-Meets-West Approach to Fully Loving Your Life

Andrea F. Polard

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The Western world teaches us that happiness comes from achievement—from setting goals and actively pursuing them. Eastern wisdom teaches us that surrender is the key, that we must let go in order to experience the great flow of being that is only available in the present moment. How do we take the best wisdom from both of these approaches, and honor what Dr. Andrea Polard calls "the two wings of happiness" that allow us to truly soar?

Discover Dr. Polard's groundbreaking synthesis of Western thinking and Eastern philosophy with *A Unified Theory of Happiness*, a warm and personalized guide for the transformation of consciousness that allows personal well-being and fulfillment to flourish. While our lives are full of ups and downs, Dr. Polard teaches us that we don't have to let these ups and downs control our experience of life. *A Unified Theory of Happiness* teaches you the skills to choose and accept happiness by illuminating:

- How to navigate the active "Basic Mode" and the non-active "Supreme Mode" of consciousness to respond to life's complexities with flexibility
- Tools to build ambition, competence, confidence, and connection—essential aspects of reconciling with life's fragility and building an engaging, authentic self
- Paths to receptivity, tranquility, reliance, and lightheartedness—keys to accessing your natural connection with the whole of being, and realizing your non-dual self
- The Theory of Elastic Consciousness—a balanced place in perfect accord with an authentically lived life

"Happiness," says Dr. Polard, "is a complex path that becomes easy only as we walk it." At last, here is a work that provides a comprehensive understanding of happiness that honors the full spectrum of life's offerings while broadening your experience of its inherent joy.

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