

Sustainable Happiness: The Mind Science Of Well-Being, Altruism, And Inspiration By Joe Loizzo

By Joe Loizzo

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Joe Loizzo is the author of Sustainable Happiness (4.33 avg rating, 6 ratings, 1 review, published 2012) and Sustainable Happiness Joe Loizzo's Followers.

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Joe Loizzo, M.D., Ph.D., is a and workshops through Nalanda Institute and Tibet House US. Dr. Loizzo's book Sustainable Happiness: The Mind Science of Well-Being

Part of the challenge of a science of happiness is to identify different concepts of was convinced that the mind played a mediating role between the

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10 Things Science Says Will Make You Happy Jen Angel wrote this article as part of *Sustainable Happiness*, the Winter 2009 issue of YES! Magazine.