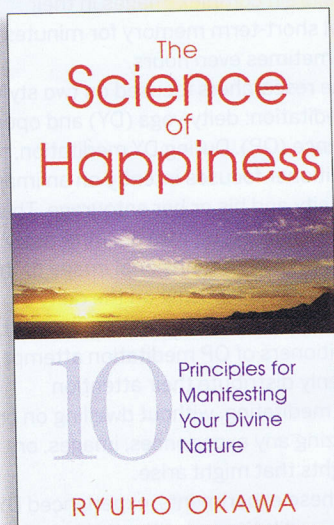


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The Science of Happiness

*10 Principles for Manifesting
Your Divine Nature*

RYUHO OKAWA

Master Okawa shows how following these principles can bring happiness and spiritual growth not only to ourselves but to all those around us. He provides the tools necessary to transform one's inner world to be receptive to true happiness and enlightenment—and to find one's true purpose in life.

Master Ryuho Okawa is a living Buddha and the founder and spiritual leader of Happy Science. He has a law degree from the University of Tokyo and studied international finance at the Graduate Center of the City University of New York. After receiving revelations from the spirit world, in 1986 he renounced his business career and established Happy Science, the most influential spiritual movement in Japan that now has more than 10 million members worldwide. Master Okawa is the author of more than 500 books and periodicals and lives in Japan.

\$14.95, paper, 192 pages, 6 x 9
ISBN 978-1-59477-320-4

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Need to Solve a Problem? Try Swinging Your Arms!

Imagine that you can change the way you think, just by changing the way your body moves. If this sounds hard to believe, consider this: In a study, researchers at the University of Illinois asked subjects to tie the ends of two strings together. The strings dangled from ceiling rafters and were so far apart that a person grasping one end could not reach the other. To solve the problem, the researchers made tools available — a paperback book, a wrench, etc. — and gave the subjects eight 120-second sessions to solve the problem, with 100 seconds devoted to finding a solution and 20 seconds devoted to exercise. Some subjects were told to swing their arms forward and backward during the exercise session, while others were asked to stretch one arm and then the other to the side while counting backwards, to prevent them from associating the exercise with the problem. By the end of the 16-minute total time, the subjects in the arm-swinging group were 40 percent more likely to solve the problem than those in the stretch group. (University of Illinois at Urbana-Champaign, May 2009)