

EZRA BAYDA
AUTHOR OF *Being Zen*

A clear glass filled with water, sitting on a wooden surface. The glass is partially filled with water, and the water level is visible. The background is a light-colored wooden surface with a visible grain.

Beyond Happiness
The Zen Way to True Contentment

"Bayda writes with exceptional clarity and simplicity about the awakened life. His style is as plainspoken as Pema Chödrön's." —PUBLISHERS WEEKLY

Beyond Happiness The Zen Way To True Contentment

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