In Beyond Happiness, Bayda draws on Zen teachings to question our conventional notions about what happiness is and where we can find it. Most of us seek happiness in things that are external to us. We imagine that getting more money, a better relationship, or going on a nice vacation will finally make us happy. But Bayda shows us that the deepest and most lasting form of happiness does not rely on external circumstance at all. Bayda offers Zen insights and practices that point readers toward the true sources of lasting happiness: mindfulness, compassion, gratitude, and generosity. Happiness is available to all of us—right here, right now. All that’s required is that we learn to let go of our expectation that life should go according to the agenda we have in mind. Zen teacher Ezra Bayda provides the teachings and practices we need to learn to let go into true happiness—the kind that goes far deeper than the kind that’s about getting what we think we want.