

Pozitif Psikoloji Bağlamında
MUTLULUK PSİKOLOJİSİ

Prof. Dr. Yener ÖZEN



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ÖNSÖZ

Mutluluğun Sırları: Felsefe, Psikoloji ve Ruhun Işığında Yolculuk kitabının önsözüne hoş geldiniz. Bu eser, insanın varoluşsal sorgulamalarının en merkezinde yer alan bir soruya derinlemesine eğilir: Mutluluk nedir ve ona nasıl ulaşırız? Bu sorunun peşinden giden sayısız düşünür, bilim insanı ve ruhani lider, insanlık tarihi boyunca farklı cevaplar önermişlerdir. Ancak mutluluğun sırrını çözmek, bir labirenti andıran bu yolculukta, tek bir doğru cevaba ulaşmaktan ziyade, her birimizin kendi içsel aydınlanmasına doğru attığı adımlarla ilgilidir.

Eserde, felsefenin derinliklerinden psikolojinin bilimsel araştırmalarına, ruhsallığın sakin sularından modern hayatın karmaşasına kadar uzanan geniş bir yelpazeyi keşfedeceğiz. Okurken, Aristoteles'in eudaimonia'sından, Freud'un libido teorisine, Budizmin dört yüce gerçeğinden, pozitif psikolojinin iyimserlik çalışmalarına kadar çeşitli perspektiflerle karşılaşacaksınız. Her bir bölüm, mutluluğun farklı yönlerini aydınlatırken, okuyucuya kendi yaşamında bu bilgileri nasıl uygulayabileceğine dair pratik öneriler sunar.

Bu kitap, okuyucuları, mutluluğun peşinden giden bir yolculuğa çıkarmayı hedeflerken, bu yolculuğun kendisinin de bir mutluluk kaynağı olabileceğini hatırlatır. Yaşamın zorlukları, hayal kırıklıkları ve acıları karşısında bile, mutluluğun izini sürmek, ruhumuzun en derin ihtiyaçlarından birine dokunur. Kitabın sayfaları arasında gezinirken, farklı kültürlerden ve zaman dilimlerinden gelen bilgelikler, kendi yaşamınızın zengin dokusuna nasıl işlenebileceği konusunda size ilham verecek.

Bu önsöz, sizlere, her birimizin benzersiz yaşam yolculuğunda, mutluluğun sadece bir hedef olmadığını, aynı zamanda her adımda yeniden keşfedilen bir süreç olduğunu hatırlatır. Mutluluğu aramak, bizi hem dış dünyamızla hem de kendi iç dünyamızla daha derin bir bağ kurmaya davet eder. Bu yolculukta, mutluluğun sadece bireysel bir arayış değil,

Önsöz

aynı zamanda toplumlar, kültürler ve nesiller arası bir köprü olabileceğini keşfedeceksiniz.

“Mutluluğun Sırları: Felsefe, Psikoloji ve Ruhun Işığında Yolculuk” adlı kitabımız, sizi kendi içsel ışığınızı bulmaya ve onu dünya ile paylaşmaya davet ediyor. Bu yolculukta, kitap sayfalarından yükselen bilgelik ışığının, her bir adımınızda sizi aydınlatmasını umuyoruz.

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Kaynaklar

- ◆ **“Wherever You Go, There You Are” - Jon Kabat-Zinn:** Mindfulness pratiđine giriş yapmak isteyenler için temel bir rehber.
- ◆ **“The Miracle of Mindfulness” - Thich Nhat Hanh:** Günlük yaşamda mindfulness uygulamaları hakkında pratik öneriler sunar.
- ◆ **“Mindfulness in Plain English” - Bhante Henepola Gunaratana:** Meditasyonun temelleri ve pratik ipuçları sunar.

Meditasyon ve mindfulness pratiđi, sabır ve tutarlılık gerektirir. Bu yolculukta ilerledikçe, zihinsel ve fiziksel sağlığınıza olumlu deđişiklikler gözlemleyeceksiniz.

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