The world seems to be full of books on happiness, what it means and how to achieve it. Perhaps it's age-related, or down to reduced attention span from modern technology, but nowadays almost every non-fiction book I start to read seems to be far too long for the key messages it's trying to convey. And as a result I get part-way through, start to feel that I'm reading things I've already read in the book and get fed up ploughing through unnecessary verbiage, and give up. Why am I telling you this? Well, this book by Jim Johnson is one I never thought about giving up. Finding Happiness: Monastic Steps For A Fulfilling Life is a 2008 book by Christopher Jamison. In the book Jamison discusses the modern error of equating external pleasures with happiness and argues that the interior world is the true source of happiness. Jamison challenges the reader to step back and be more contemplative, and to be still and look inwards. The teachings which Jamison presents are "based on those of the fourth-century desert fathers, founded by St Anthony and honed into shape by St He has written many books based completely on published research and controlled trials including Treat Your Own Knee Arthritis, The Sixty-Second Motivator, Treat Your Own Rotator Cuff, The 5-Minute Plantar Fasciitis Solution, Finding Happiness in a Frustrating World, Treat Your Own Tennis Elbow and Treat Your Own Spinal Stenosis. His books have been translated into other languages and thousands of copies have been sold worldwide.Â This is currently my favorite happiness book. In less than 100 pages, it offers a reader all they ever wanted to know about the subject of happiness- and then some. While some readers might be turned off by its brevity, I wasn't bothered, and in fact, appreciated it!