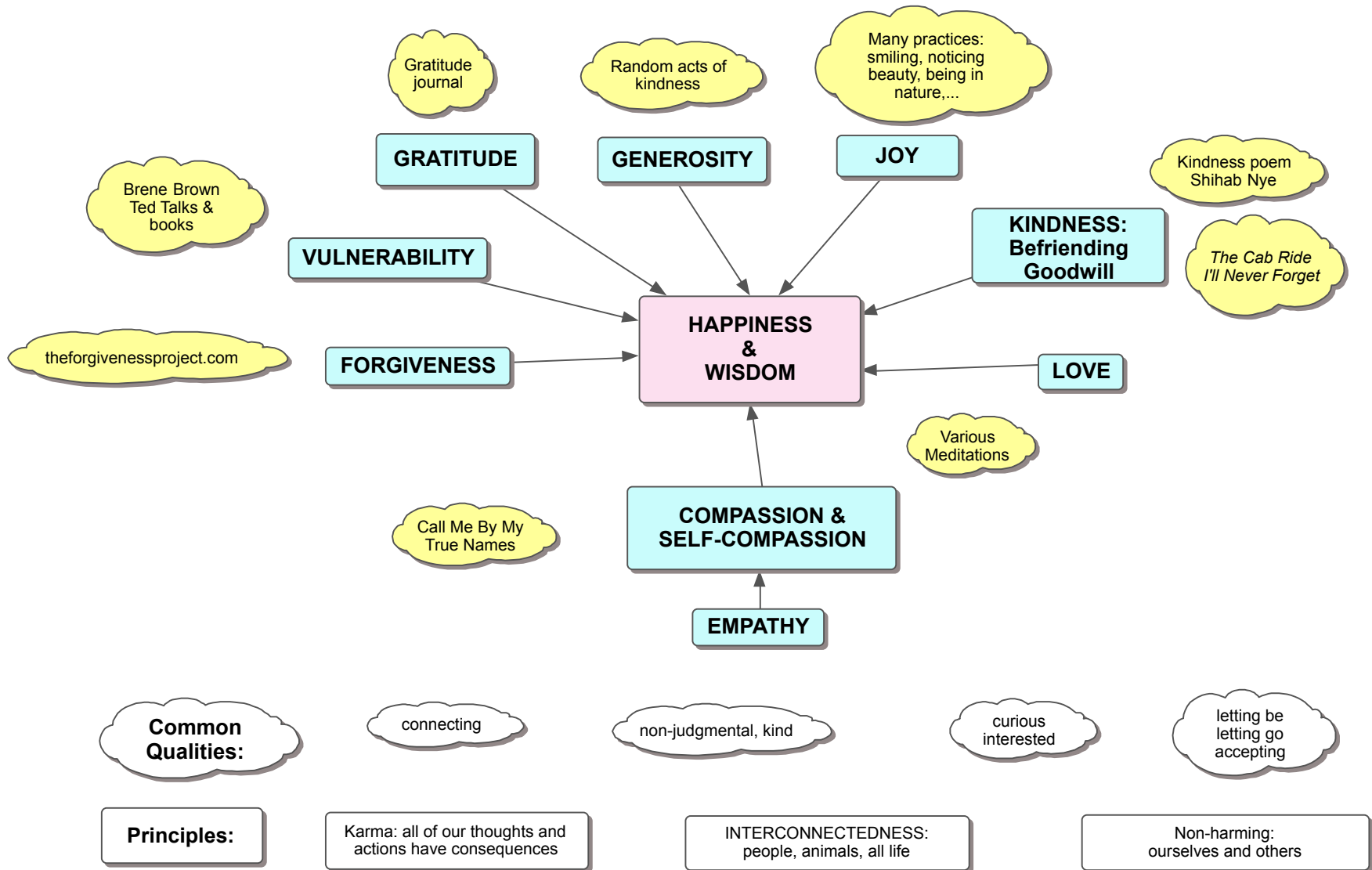


# A FAMILY OF PRACTICES FOR DEVELOPING HAPPINESS AND WISDOM



There are many resources, some on this website, about developing each of these interconnected practices. Each person will find which practices make the best sense for them to focus on.