Positivethinking: Way Of Happiness In The Digital Era

Phra Soonthornhammanithas, Kittiphong Pipitkul

Abstract

In the Digital Era with rapid technological developments, people can no longer control their passion that flows by the flow of change. Most people have to face the suffering of the cruelty of society. Morals begin to decay from the world. Make life more difficult and severe social problems followed. Buddhism teaches basic principles of living happily with positive thinking or optimism by emphasizing the importance of mental (citta/mind) development, when the mental well. As a result, the good idea to say good and to do good. The connection between people in society to live together peacefully in everywhere and every time.

Keywords

Positive thinking, The Digital Era, Way of happiness

Full Text:

PDF

Refbacks

- There are currently no refbacks.

Positivity is a great way to boost happiness and get rid of sad, negative thoughts. Learn more about the benefits of positive thinking and happiness. To live a happier, healthier life, it's important to learn how to accentuate the positive. Commit to following the simple steps outlined below for one week and you're sure to bring more positivity and happiness into your life. Consider it a one-week experiment. How to Find Happiness and Add Positivity. How to Become More Positive. What You'll Do:

You can boost your happiness by focusing on positive things and reducing your negative thinking. This week, follow every negative thought with a positive one. This practice will help to retrain your habitual thought patterns to bring more positivity and happiness...