



Steps to Happiness

Taranatha

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Steps to Happiness Taranatha

Could my life be an example to anybody? If I recorded my experience and made it available, perhaps it could? A family doctor, outwardly successful and compassionate, Taranatha feels ‘sucked dry’ – and struggling with the twin demons of depression and alcoholism. His search for a way out involves him in a dramatic suicide attempt before his will to live reasserts itself. His winding path to recovery takes him through AA and anti-depressants, but leaves him with an ongoing sense of worthlessness and lack of direction. Fumbling in the dark, a chance encounter with Buddhism illuminates the way and guides his steps on a journey on which he meets himself and starts to find happiness. Honest, sometimes sad, often entertaining, Steps to Happiness is full of personal stories that will resonate with many of us. Taranatha’s story rings true – and so gives hope.

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