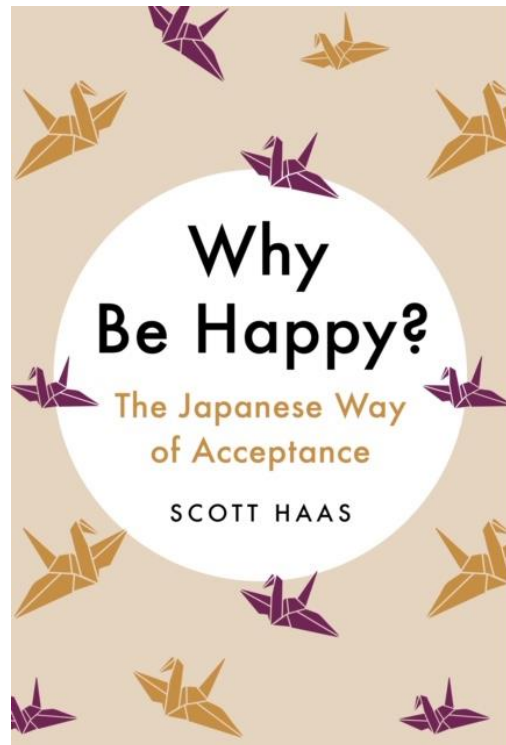


Why be happy?

The Japanese Way of Acceptance

What do we mean by acceptance? Is it the avoidance of conflict? The understanding that some events are simply beyond our control? Is it the resignation that certain things won't change? These kinds of questions are asked everyday all over the world and every culture has their own take on what acceptance means. In Japan, *ukeireru* is a type of acceptance that the Japanese embrace and Scott Haas is interested in peering behind the curtain to see what exactly it means. In *Why Be Happy? The Japanese Way of Acceptance*, Haas explores the concept of *ukeireru*, what it truly means to accept something and how the power of acceptance can help to build a happier and healthier life.



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