

## **Audiobook "Triumph of Love over Ego - A Guide to Happiness"**

Author: Saeed Habibzadeh

Read by Chris Roman

### **Tracks**

- 001 Preface
- 002 Introduction
- 003 About this Book
- 004 Notes for this Edition
- 005 Becoming or Dying
- 006 Transformation or Change
- 007 Learning or Suffering
- 008 Objective or Personal
- 009 Packaging and Content
- 010 Discovering and Inventing
- 011 Judging and Acknowledging
- 012 Actual and Perceived Reality
- 013 Wrong Address
- 014 Solution or Quick Fix
- 015 Solving or Fighting Problems
- 016 Life would be Boring without Problems
- 017 Do not Dream your Life, Live your Dream
- 018 Feeling Good and Feeling Good
- 019 Good and Evil
- 020 Cleverness and Intelligence
- 021 Heart and Mind
- 022 Reason
- 023 Knowledge and Wisdom
- 024 Philosophy
- 025 Science
- 026 Economy
- 027 Word, Meaning, Content
- 028 Jargon and Specialist Jargon
- 029 Listening and Communication
- 030 Illusion or Reality
- 031 Experience and Maturity
- 032 Old and Mature
- 033 Being an Adult, not a Child
- 034 Behaviour Patterns, Mechanisms and Automatism
- 035 Live or let Live
- 036 Self-Evaluation
- 037 Character and Personality
- 038 Self-Promotion, Self-Realization and Self-Confidence
- 039 Self-Promotion, Self-Expression and Self-Confidence
- 040 Art or Artificial
- 041 Touchy or Sensitive
- 042 True and False Geniuses
- 043 Genius and Chaos
- 044 Chaos and Order

045 Evaluating  
046 Comparison and Value  
047 Emancipation and Equality  
048 Inferiority  
049 How Valuable and Important are you  
050 To Please or not to Please  
051 Beauty Knows no Pain  
052 Using Others as a Means to an end  
053 Earning or Being Worthy  
054 Love Hurts - Only Egoists Hurt  
055 Self-Love and Narcissism  
056 Romantic or Kitsch  
057 True and False Friends  
058 Our Love of Animals and Animal Lovers  
059 Animal Shelters, Zoos and Circuses  
060 Vegetarianism  
061 Opposites Attract  
062 Morality and Immorality  
063 Traditions and True Values  
064 True and Artificial Values  
065 Perfectionism and Perfection  
066 The Self-Proclaimed Selfless Helper  
067 Identification and Loss of Identity  
068 Role Models or Examples  
069 Entertainment and Dumbing down  
070 Invented Blame and Actual Guilt  
071 Conscience and Feeling Guilty  
072 Law or Justice  
073 Revenge is Bitter  
074 Revolution and Rebellion  
075 The Hero  
076 Urge and Longing  
077 Gratification or Fulfilment  
078 Want and Need  
079 Unassuming, Frugal and Humble  
080 Wanting and Wanting  
081 Where there is Light  
082 Good and Necessary  
083 Right and True  
084 Making Mistakes  
085 Being Scared of our own Mistakes  
086 All roads Lead to Rome  
087 Egoistic and True Courage  
088 Boredom and the Adrenalin Kick  
089 Fun or Joy  
090 Passion and Devotion  
091 Discerning or Mistrustful  
092 Trust and Self-Trust  
093 Faith and the Placebo Effect  
094 A Good Impression is not as Good as you Think

095 Manipulation and Transformation  
096 Calculating or Planning  
097 Giving and Investing  
098 Gratitude  
099 Doing Good by Conviction  
100 Deception and Disappointment  
101 Expectation or Desire  
102 True or False Sympathy and Compassion  
103 Liberty and Independence  
104 Active and Passive Dominance  
105 Signposts and Instructions  
106 Free Will  
107 Gurus and Sects  
108 Masters and Students  
109 Spiritual Teachers  
110 Fear  
111 Respect and Fear  
112 Hostility and Animosity  
113 Control  
114 Safety and Security  
115 Life is Hard and Cruel  
116 Indifference and Resignation  
117 Depression as a Signpost  
118 Mourning and Moaning  
119 Responsibility  
120 Rotten and True Compromise  
121 Getting Mixed up in Something or Participating  
122 Autonomy and Independence  
123 Pride and Humility  
124 Serving  
125 Self-Fulfilling Prophecies  
126 Positive Thinking  
127 Being Cool  
128 Professionalism - Keeping a Distance  
129 Consensus and Unity  
130 Alone or Lonely  
131 Abilities, Talents and Gifts  
132 Calling (or Occupation) and Vocation  
133 Satisfaction and Blissful Happiness  
134 Success or Happiness  
135 Career  
136 Competition and Rivalry  
137 The Lucky Failure  
138 Ambition  
139 Appreciation and Equivalent Value  
140 Wealth and Poverty  
141 Time is Money  
142 Money  
143 Standard of Living and Quality of Life  
144 Lottery and Gambling

- 145 Lack is the Mother of Invention
- 146 Generosity and Self-Destruction
- 147 Tolerance or Moral Decline
- 148 Attack is the Best Form of Defence
- 149 War and Peace
- 150 Sport is Murder
- 151 Competition
- 152 Envy, Resentment and Competitiveness
- 153 Violence
- 154 Noble, Nobility or Aristocracy
- 155 Karma
- 156 Fate
- 157 Determination
- 158 Being in the Past or Being Over
- 159 In the Here and Now
- 160 Laughing at or Laughing with
- 161 Seriousness and Taking ourselves Seriously
- 162 In the Abstract
- 163 What the Eye doesn't See, the Heart doesn't Grieve over
- 164 Hobby
- 165 Short-Sightedness and Impatience
- 166 Hope and Hope
- 167 Arrogance
- 168 Assumed Superiority
- 169 Vanity
- 170 Overcoming the Self and Self-Injury
- 171 Overcoming the Ego or Losing ourselves
- 172 Ego, Egoism and Selfishness
- 173 Birthdays
- 174 Honesty, Sincerity and the Courage to Accept the Truth
- 175 Accepting or Putting up with
- 176 Christmas
- 177 Enlightenment and Salvation
- 178 The lightwalker
- 179 Triumph of Love over Ego
- 180 Angels of Love