

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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## Buddhism and Innovative Sustainable Development

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This present article is an analytical research on Buddhism and Innovative Sustainable Developments. The main purpose is to study the mental health problems including posttraumatic stress disorder (PTSD) and alcohol dependency. Researchers have reported that women with these experiences are more difficult to treat. The aim of studying is also to comprehend every human to be aware that people's happiness and sorrow depends on the choices that they had taken to do what was perceptionally right and wrong. Everything that happens does have a reason. This study will be supported with the supply of environmental knowledge, philosophy, and experience. Within the domestic and international cultures, this knowledge might provide a significant basis for the contemporary and the future world. Happiness and dissatisfaction of mind depends on the consequences of what we had already done. This is to give deep sense to adjust to the nature of all that exists and desire not to attach to them and to liberate oneself leaving the reality as it is. An implicit of references will be drawn from the primary sources, secondary sources, internet sources and other scholar's diamond writings, to prove the investigation of philosophical and theoretical analysis.

### Biography

Sree Mattananda Sraman is a Bangladeshi Buddhist Monk who was ordained as a monk at the age of 12. He has done his Ordinary and Advanced level studies in Compassion Buddhist Institute, Colombo, Sri Lanka, Bachelor of Buddhist Studies at Mahachulalongkornrajavidyalaya University Bangkok, Thailand, and Master of Business Administration at Siam University, Bangkok, Thailand. He is currently studying Master of Buddhist Studies at the University of Hong Kong. He loves to attend conferences, seminars and research meetings to learn more and share whatever he knows.

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