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Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.

The Great Treatise on the Stages of the Path to Enlightenment (Tib. Lam rim chen mo) is one of the brightest jewels in the world's treasury of sacred literature. The author, Tsong-kha-pa, completed it in 1402, and it soon became one of the most renowned works of spiritual practice and philosophy in the world of Tibetan Buddhism. Because it condenses all the exoteric s?tra scriptures into a meditation manual that is easy to understand, scholars and practitioners rely on its authoritative presentation as a gateway that leads to a full understanding of the Buddha's teachings. Tsong-kha-pa took great pains to base his insights on classical Indian Buddhist literature, illustrating his points with classical citations as well as with sayings of the masters of the earlier Kadampa tradition. In this way the text demonstrates clearly how Tibetan Buddhism carefully preserved and developed the Indian Buddhist traditions. This first of three volumes covers all the practices that are prerequisite for developing the spirit of enlightenment (bodhicitta).

As the author looks for the faith he has lost, he explores the different varieties of American Buddhism and tracks down and questions the Dalai Lama

"The Life of Buddha and Its Lessons" by Henry Steel Olcott. Published by Good Press. Good

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Shares strategies for success in business and personal life, discussing how to incorporate Buddhist insights into making career choices, solving problems, interacting with others, and dealing with organizational concerns.

An intimate guide to self-acceptance and discovery that offers a Buddhist perspective on wholeness within the framework of a Western understanding of self. For decades, Western psychology has promised fulfillment through building and strengthening the ego. We are taught that the ideal is a strong, individuated self, constructed and reinforced over a lifetime. But Buddhist psychiatrist Mark Epstein has found a different way. *Going to Pieces Without Falling Apart* shows us that happiness doesn't come from any kind of acquisitiveness, be it material or psychological. Happiness comes from letting go. Weaving together the accumulated wisdom of his two worlds--Buddhism and Western psychotherapy—Epstein shows how "the happiness that we seek depends on our ability to balance the ego's need to do with our inherent capacity to be." He encourages us to relax the ever-vigilant mind in order to experience the freedom that comes only from relinquishing control. Drawing on events in his own life and stories from his patients, *Going to Pieces Without Falling Apart* teaches us that only by letting go can we start on the path to a more peaceful and spiritually satisfying life.

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This theory recognizes the evolution of the soul as a process that is quite continuous in itself, though carried out partly through the instrumentality of a great series of dissociated forms. Putting aside for the moment of profound metaphysics of the theory which trace the principle of life from the original first cause of the cosmos, we find the soul as an entity emerging from the animal kingdom, and passing into the earliest human forms, without being at that time ripe for the higher intellectual life with which the present state of humanity renders us familiar. But through successive incarnations in forms whose physical improvement, under the Darwinian law, is constantly fitting them to be its habitation at each return to objective life, it gradually gathers that enormous range of experience which is summed up in its higher development. In the intervals between its physical incarnations it prolongs and works out, and finally exhausts or transmutes into so much abstract development, the personal experiences of each life. This is the clue to the true explanation of that apparent difficulty which besets the cruder form of the theory of reincarnation which independent speculation has sometimes thrown out. Each man is unconscious of having led previous lives, therefore he contends that subsequent lives can afford him no compensation for this one. He overlooks the enormous importance of the intervening spiritual condition, in which he by no means forgets the personal adventures and emotions he has just passed through, and in the course of which he distills these into so much cosmic progress. In the following pages the elucidation of this profoundly interesting mystery is attempted, and it will be seen that the view of events now afforded us is not only a solution of the problems of life and death, but of many very perplexing experiences on the borderland between those conditions - or rather between physical and spiritual life - which have engaged attention and speculation so widely of recent years in most civilized countries.

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From this book you will learn about the lives and enlightenment of monks who followed the Buddha's path to the final end. This is a complete translation of the Theragatha. Anthropology is the study of all humans in all times in all places. But it is so much more than that. "Anthropology requires strength, valor, and courage," Nancy Scheper-Hughes noted. "Pierre Bourdieu called anthropology a combat sport, an extreme sport as well as a tough and rigorous discipline. ... It teaches students not to be afraid of getting one's hands dirty, to get down in the dirt, and to commit yourself, body and mind. Susan Sontag called anthropology a "heroic" profession." What is the payoff for this heroic journey? You will find ideas that can carry you across rivers of doubt and over mountains of fear to find the light and life of places forgotten. Real anthropology cannot be contained in a book. You have to go out and feel the world's jagged edges, wipe its dust from your brow, and at times, leave your blood in its soil. In this unique book, Dr. Michael Wesch shares many of his own adventures of being an anthropologist and what the science of human beings can tell us about the art of being human. This special first draft edition is a loose framework for more and more complete future chapters and writings. It serves as a companion to anth101.com, a free and open resource for instructors of cultural anthropology. This 2018 text is a revision of the "first draft edition" from 2017 and includes 7 new chapters.

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Cult of Nothingness: The Philosophers and the Buddha

Contains material adapted from *The Everything Buddhism Book*, 2nd Edition.

This ground-breaking study sets out a new understanding of transformations in the interaction between religion and political authority throughout history.

A 60,000-mile odyssey in search of Buddhist nuns—hailed as “inspiring and necessary” (Kirkus), “ambitious” (Tricycle), and “compelling” (Financial Times)

They come to the monastic Buddhist life from every faith and career: a policewoman, a princess, a Bollywood star, a violinist. Out of the public eye, despite hardship and even persecution, they vow to seek enlightenment in a world full of noise. Who are these women? What motivates them, and what stands in their way? Award-winning journalist Christine Toomey investigates. From Nepal to California, she encounters unforgettable nuns who reveal the blessings—and perils—of carrying a 2,500-year tradition into the twenty-first century. Often denied equal status with monks, they are nonetheless devoted—to their faith, and to change.

Zen and the art of getting unstuck . . . Perennial favorites, Charlotte Kasl’s *If the Buddha Dated*, *If the Buddha Married* and *If the Buddha Had Kids* have inspired readers with their empowering balance of spiritual and psychological wisdom.

This wise yet lighthearted book extends on Dr. Kasl's trademark insight to speak

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to anyone who's ever experienced being stuck in life. With her signature clarity, wisdom, and wit, she presents seven simple yet profound steps on the path to change: Notice Where You're Stuck; Show Up; Pay Attention; Live in Reality; Connect with Others, Connect with Life; Move from Thought to Action; and Let Go. Full of insight from Buddhist and other teachings that emphasize the joy that comes with letting go of fears and attachments, *If the Buddha Got Stuck* is an inspirational and practical roadmap to a happier, more peaceful, and more fulfilling life.

There are lots of books that address how we should take care of ourselves, find calm, and enjoy happiness in a hectic work world. But few of those books apply the lessons of Buddhist thinking as resolution and guidance tools. These questions, though found in the modern day, are actually the core of all Buddha's teachings – impermanence, suffering, and the quest for happiness (freedom from suffering). This makes Buddha the kind of consultant or coach we need today in our workplaces. Following in the tradition of the authors' first bestseller, this work goes on to explore and answer 101 dilemmas that we encounter at work, with topics ranging from time management, goal-setting, conflict to job dissatisfaction, unemployment, and even workplace trysts. The authors emphasize practical learning and coping, not esoteric insights or metaphysics, applying concrete

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solutions from Buddhist teachings to real problems in easily digestible chunks. Buddhism has for thousands of years provided a spiritual foundation for the daily lives of millions of people around the world. But does Buddhism have anything to offer us—Buddhists and non-Buddhists alike—in today’s world of work? Metcalf and Gallagher think it does. Spiritual wisdom, Western or Eastern, inspires and instructs us in living a good life. And that’s just as true at work as at home. Buddha mind—a source of calm, compassion, and insight—exists within each of us, not just the historical Buddha. *Being Buddha at Work* shows how to embody that mind in the stress and clamor of the workplace—how to tap into the Buddha consciousness so we can relieve daily tensions and greet challenges with awareness, equanimity, and good humor. The book is divided into three sections. The first, “Becoming a Mindful Worker,” covers Buddha’s wisdom for our own work; the second, “Cultivating Mindful Work Relationships,” focuses on how to work with other people; the third, “Creating a Mindful Workplace,” deals with broader organizational topics. There is wisdom here for everyone—from frontline workers and team members, to supervisors and managers, to top executives and organizational leaders.

Buddhist parables for children.

There are four major tenets in Buddhism. This is an explanation of these tenets and

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how they interpret the teachings of the Buddha.

In *The Buddha Was a Psychologist: A Rational Approach to Buddhist Teachings*, Arnold Kozak argues for a secular and psychological interpretation of the Buddha's wisdom, with a particular focus on his mind model and use of metaphor. Kozak closely examines the Buddha's hagiography, analyzing Buddhist dharma through the contexts of neuroscience, cognitive linguistics, and evolutionary psychology.

A unique approach to Buddhism, *What Would Buddha Do?* shows that anyone can find guidance in Buddha's teachings. It demonstrates how to use the advice of Buddha to become a better person at work, at home, and in society. Presented in a reader-friendly format, with each page offering a question, a Buddhist quote, and advice from the author, *What Would Buddha Do?* applies this question to 101 problems confronted in everyday life and reveals how Buddha's teachings are still meaningful after 2,500 years.

This indispensable volume is a lucid and faithful account of the Buddha's teachings. "For years," says the *Journal of the Buddhist Society*, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's *What the Buddha Taught* fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.' Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition

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contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index. What Would Buddha Do at Work? 101 Answers to Workplace Dilemmas Berrett-Koehler Publishers

Provides a history of Buddha and his life and teachings, and offers teens the tools of Buddhism to deal with life in a new and more spiritual way.

"Learn everything you need to know about Buddhism in this clear and straightforward new guide. This book highlights and explains the central concepts of Buddhism to the modern reader, with information on mindfulness, karma, The Four Noble Truths, the Middle Way, and more"--

A brilliant, unforgettable novel from bestselling author Ruth Ozeki, author of *The Book of Form and Emptiness* Finalist for the Booker Prize and the National Book Critics Circle Award "A time being is someone who lives in time, and that means you, and me, and every one of us who is, or was, or ever will be." In Tokyo, sixteen-year-old Nao has decided there's only one escape from her aching loneliness and her classmates' bullying. But before she ends it all, Nao first plans to document the life of her great grandmother, a Buddhist nun who's lived more than a century. A diary is Nao's only solace—and will touch lives in ways she can scarcely imagine. Across the Pacific, we meet Ruth, a novelist living on a remote island who discovers a collection of artifacts washed ashore in a Hello Kitty lunchbox—possibly debris from the devastating 2011 tsunami. As the mystery of its contents unfolds, Ruth is pulled into the past, into Nao's drama and her unknown fate, and forward into her own future. Full of Ozeki's

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signature humor and deeply engaged with the relationship between writer and reader, past and present, fact and fiction, quantum physics, history, and myth, *A Tale for the Time Being* is a brilliantly inventive, beguiling story of our shared humanity and the search for home.

Being Peace is a timeless and eloquent introduction to Zen Master Thich Nhat Hanh and his most important teachings. First published in 1987 and translated into more than thirty languages, this spiritual classic reveals the connection between our own personal happiness and the state of the world around us. Thich Nhat Hanh's key practices are presented in simple and clear language, offering practical suggestions for how to create a more peaceful world "right in the moment we are alive." *Being Peace* is a must-have for those interested in Buddhist practice and a perfect starting point for anyone concerned about how to create peace in themselves and the world.

A treasury of writings and teachings from the beloved Zen teacher Thich Nhat Hanh. Since Thich Nhat Hanh's exile from his native Vietnam in 1966, this Zen Buddhist monk has gone on to become one of the most influential and beloved spiritual masters of our age. The seeming simplicity of his words belies the power of this teaching to touch the heart and mind and to inspire spiritual practice. These selections, taken from his many published works, together make up a concise introduction to all his major themes and distill his teachings on the transformation of individuals, relationships, and society. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a

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compact format that is collectible, reader-friendly, and applicable to everyday life.

Originally published in hardback, c2000 -- T.p. verso.

Third Palestine: A Regional Study in Byzantine Urbanization, unlocks the mystery of civilization in the Negev Desert of Israel in antiquity. What was the reason for the development of towns and cities in this arid zone, and why did its residents construct magnificent churches and edifices, are questions that this work seeks to answer. How did the inhabitants of this civilization work and live, and why did they achieve wealth and prosperity, are issues which chart the course of the book. Professor Gutwein, who has spent over a decade in the Middle East, interprets the remains of Christian churches and towns in this region, all the while focusing upon the historical documents and sources to analyze these questions. The land of the region, its historical geography, and provincial framework, are all investigated; while original maps, charts, and illustrations guide the reader through sites history has long forgotten. The urban framework of the province the Romans called Third Palestine is clearly illuminated in this work, and town sites and urban architecture are analyzed in depth. Third Palestine investigates the commercial role of the myriad cities and towns in the region by detailing the pilgrim trade, and the lucrative trade in spices. In addition, the military importance of the province is not neglected by the author, who uncovers remains of frontier defense, roads, and garrisons. With a list of 36 figures, and 11 tables, Third Palestine brings to light an important, yet previously neglected ancient civilization.

The very idea that Buddhist teachings can be mastered will arouse controversy within Buddhist circles. Even so, Daniel Ingram insists that enlightenment is an attainable goal, once our fanciful notions of it are stripped away, and we have learned to use meditation as a method for

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examining reality rather than an opportunity to wallow in self-absorbed mind-noise. This book sets out concisely the difference between concentration-based (sometimes referred to as Zen) and insight (Vipassana) meditation. The author provides example practices and, most importantly, he presents detailed maps of the states of mind we are likely to encounter and the stages we must negotiate as we move through clearly defined cycles of insight.

There was an old woman in China who had supported a monk for over twenty years. She had built a little hut for him and fed him while he was meditating. Finally she wondered just what progress he had made in all this time. To find out, she obtained the help of a girl rich in desire. "Go and embrace him," she told her, "and then ask him suddenly: 'What now?'" The girl called upon the monk and without much ado caressed him, asking him what he was going to do about it. "An old tree grows on a cold rock in winter," replied the monk somewhat poetically. "Nowhere is there any warmth." The girl returned and related what he had said. "To think I fed that fellow for twenty years!" exclaimed the old woman in anger. "He showed no consideration for your need, no disposition to explain your condition. He need not have responded to passion, but at least he could have evidenced some compassion." She at once went to the hut of the monk and burned it down. This Zen classic includes the following stories: 1. A Cup of Tea 2. Finding a Diamond on a Muddy Road 3. Is That So? 4. Obedience 5. If You Love, Love Openly 6. No Loving-Kindness 7. Announcement 8. Great Waves 9. The Moon Cannot Be Stolen 10. The Last Poem of Hoshin 11. The Story of Shunkai 12. Happy Chinaman 13. A Buddha 14. Muddy Road 15. Shoan and His Mother 16. Not Far From Buddhahood 17. Stingy in Teaching 18. A Parable 19. The First Principle 20. A Mother's Advice 21. The Sound of One Hand 22. My Heart Burns Like Fire 23. Eshun's Departure 24. Reciting Sutras 25. Three Days

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More 26. Trading Dialogue For Lodging 27. The Voice of Happiness 28. Open Your Own Treasure House 29. No Water, No Moon 30. Calling Card 31. Everything is Best 32. Inch Time Foot Gem 33. Mokusen's Hand 34. A Smile in His Lifetime 35. Every-Minute Zen 36. Flower Shower 37. Publishing the Sutras 38. Gisho's Work 39. Sleeping in the Daytime 40. In Dreamland 41. Joshu's Zen 42. The Dead Man's Answer 43. Zen in a Beggar's Life 44. The Thief Who Became a Disciple 45. Right and Wrong 46. How Grass and Trees Become Enlightened 47. The Stingy Artist 48. Accurate Proportion 49. Black-Nosed Buddha 50. Ryonen's Clear Realization 51. Sour Miso 52. Your Light May Go Out 53. The Giver Should Be Thankful 54. The Last Will and Testament 55. The Tea-Master and The Assassin 56. The True Path 57. The Gates of Paradise 58. Arresting the Stone Buddha 59. Soldiers of Humanity 60. The Tunnel 61. Gudo and the Emperor 62. In the Hands of Destiny 63. Killing 64. Kasan Sweat 65. The Subjugation of a Ghost 66. Children of His Majesty 67. What Are You Doing! What Are You Saying! 68. One Note of Zen 69. Eating the Blame 70. The Most Valuable Thing in the World 71. Learning to Be Silent 72. The Blockhead Lord 73. Ten Successors 74. True Reformation 75. Temper 76. The Stone Mind 77. No Attachment to Dust 78. Real Prosperity 79. Incense Burner 80. The Real Miracle 81. Just Go to Sleep 82. Nothing Exists 83. No Work, No Food 84. True Friends 85. Time to Die 86. The Living Buddha and the Tubmaker 87. Three Kinds of Disciples 88. How to Write a Chinese Poem 89. Zen Dialogue 90. The Last Rap 91. The Taste of Banzo's Sword 92. Fire-Poker Zen 93. Storyteller's Zen 94. Midnight Excursion 95. A Letter to a Dying Man 96. A Drop of Water 97. Teaching the Ultimate 98. Non-Attachment 99. Tosui's Vinegar 100. The Silent Temple 101. Buddha's Zen
"My religion is very simple. My religion is kindness." --Dalai Lama That's easy for the Dalai

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Lama to say--but for the rest of us, understanding this mysterious, multilayered faith can be very difficult. With this updated and revised edition of the classic Buddhist primer, you can delve into the profound principles of nonviolence, mindfulness, and self-awareness. From Tibetan Buddhism to Zen, you'll explore the traditions of all branches of Buddhism, including: The life of Buddha and his continuing influence throughout the world A revealing survey of the definitive Buddhist texts What the Sutras say about education, marriage, sex, and death Faith-fueled social protest movements in Tibet, Burma, and elsewhere Buddhist art, poetry, architecture, calligraphy, and landscaping The proven physiological effects of meditation and other Buddhist practices The growing impact of Buddhism on modern American culture In this guide, you'll discover the deceptively simple truths of this enigmatic religion. Most important, you learn how to apply the tenets of Buddhism to your daily life--and achieve clarity and inner peace in the process.

25th Anniversary Edition Over 3 Million Copies Sold 'I couldn't give this book a higher recommendation' BILLY CONNOLLY Written by the Buddhist meditation master and popular international speaker Sogyal Rinpoche, this highly acclaimed book clarifies the majestic vision of life and death that underlies the Tibetan Buddhist tradition. It includes not only a lucid, inspiring and complete introduction to the practice of meditation, but also advice on how to care for the dying with love and compassion, and how to bring them help of a spiritual kind. But there is much more besides in this classic work, which was written to inspire all who read it to begin the journey to enlightenment and so become 'servants of peace'.

From one of America's most brilliant writers, a New York Times bestselling journey through psychology, philosophy, and lots of meditation to show how Buddhism holds the key to moral

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clarity and enduring happiness. At the heart of Buddhism is a simple claim: The reason we suffer—and the reason we make other people suffer—is that we don't see the world clearly. At the heart of Buddhist meditative practice is a radical promise: We can learn to see the world, including ourselves, more clearly and so gain a deep and morally valid happiness. In this "sublime" (The New Yorker), pathbreaking book, Robert Wright shows how taking this promise seriously can change your life—how it can loosen the grip of anxiety, regret, and hatred, and how it can deepen your appreciation of beauty and of other people. He also shows why this transformation works, drawing on the latest in neuroscience and psychology, and armed with an acute understanding of human evolution. This book is the culmination of a personal journey that began with Wright's landmark book on evolutionary psychology, *The Moral Animal*, and deepened as he immersed himself in meditative practice and conversed with some of the world's most skilled meditators. The result is a story that is "provocative, informative and...deeply rewarding" (The New York Times Book Review), and as entertaining as it is illuminating. Written with the wit, clarity, and grace for which Wright is famous, *Why Buddhism Is True* lays the foundation for a spiritual life in a secular age and shows how, in a time of technological distraction and social division, we can save ourselves from ourselves, both as individuals and as a species.

Discover the Secrets to Happiness and Well-Being The excitement you feel after hearing good news or achieving a goal is fleeting, but true happiness—that is, the warm feeling of deep contentment and joy—is lasting, and it can be yours in every moment. *The Buddha's Way of Happiness* is a guide to putting aside your anxieties about the future, regrets about the past, and constant longing to change your life for the better, and awakening to the joy of living. With

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this book as your guide, you'll identify the barriers to happiness you create in your own life and use the eightfold path of Buddhist psychology to improve your ability to appreciate the small, joyful moments that happen every day. These exercises, meditations, and concrete approaches to practicing happiness and well-being are drawn from mindfulness, "no self," and other ancient Buddhist insights, many of which have been proven effective by today's psychologists and researchers. With the knowledge that happiness is a habit you can adopt like any other, take the first step down this deeply fulfilling path on your life's journey. Provides information about the key influences, spiritual figures, sacred stories, traditions, doctrines, and dogmas of each of the world's major religions.

This user's guide to Buddhist basics takes the most commonly asked questions—beginning with "What is the essence of the Buddha's teachings?"—and provides simple answers in plain English. Thubten Chodron's responses to the questions that always seem to arise among people approaching Buddhism make this an exceptionally complete and accessible introduction—as well as a manual for living a more peaceful, mindful, and satisfying Life. Buddhism for Beginners is an ideal first book on the subject for anyone, but it's also a wonderful resource for seasoned students, since the question-and-answer format makes it easy to find just the topic you're looking for, such as:

- What is the goal of the Buddhist path?
- What is karma?
- If all phenomena are empty, does that mean nothing exists?
- How can we deal with fear?
- How do I establish a regular meditation practice?
- What are the qualities I should look for in a teacher?
- What is Buddha-nature?
- Why can't we remember our past lives?

The author shares his insights into how to incorporate Buddhism into daily life by answering

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some of life's most vexing problems using the Buddha's teaching as a guide. Reprint. 25,000 first printing.

We've all said things we lived to regret. But what if we communicated mindfully instead, stopping first to consider how our words might hurt rather than help - or if we need to voice them at all? In *What Would Buddha Say?*, best-selling author Barbara Ann Kipfer offers 1,501 reminders for staying on the path of positive communication. Based on ancient Buddhist teachings, this portable guide will provide inspiration and tips on how to speak clearly, truthfully, and with lovingkindness. In our modern world, it seems we're always in a hurry - usually running on autopilot, and all too quick to make that comment or send that message. But when we communicate without first considering the impact it may have - especially if it's idle gossip or false speech - we can create unnecessary conflicts and far-reaching negative consequences. With poor communication at the heart of most misunderstandings and arguments, learning to practice mindful communication, including good listening skills, is key to speaking - or not speaking - with better results in every area of your life. In *What Would Buddha Say?*, you'll find hundreds of instantly accessible and compulsively readable communication tips on giving thoughtful attention to your words so you're more likely to be understood, and less likely to damage your relationships. Based on the concept of Right Speech, an important element of Buddhism's Noble Eightfold Path, these mindful essentials - inspirational quotes and sayings, short essays, and meditation suggestions - will guide you away from harmful speech and into a state of mindfulness from which you can gently speak your truth. There is always room for improvement in terms of communication, and with practice, we can learn to speak mindfully - to say only what is beneficial and true with a kind

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heart at the right time. Packed with Buddhist wisdom and full of inspiration, What Would Buddha Say? will help you maximize the good in your speech as you take steps toward a more peaceful way of being.

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