

How To Practise: The Way to a Meaningful Life (Paperback)

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Reviews

Very beneficial to any or all class of individuals. It is rally interesting throgh looking at time. You will not feel monotony at at any time of your time (that's what catalogs are for concerning in the event you question me). (Dr. Dallas Reinger IV)

HOW TO PRACTISE: THE WAY TO A MEANINGFUL LIFE (PAPERBACK)



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Ebury Publishing, United Kingdom, 2003. Paperback. Condition: New. Language: English . Brand New Book. How To Practise is a major inspirational work, by one of the world's greatest spiritual teachers. It is broken down into the basic steps to enlightenment: how to practice morality, how to practice meditation, and how to practise wisdom, whilst simultaneously delving deeper into His Holiness more general Buddhist teachings, his spirit, wisdom and sense of humour. The book, meant to be used as part of daily practice, is easy to understand and filled with anecdotes. It includes guidance on peace of mind, generosity, compassion, and much more besides. Beautifully packaged, this is the ultimate gift from the Dalai Lama, and a wonderful gift to give to anyone interested in having a richer, more fulfilled life.

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