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Beg Gde To Walking Buddha s 8-Fol (Paperback)

By Jean Smith

Random House USA Inc, United States, 2002. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Writing a nuts and bolts guide that is genuinely wise, charmingly conversational, and a pleasure to read requires a particular talent, and Jean Smith has proved once again that she has it. --Sylvia Boorstein, author of Don t Just Do Something, Sit There The third of Jean Smith s Beginner s Guides focuses on the Buddha s Eightfold Path--the concepts central to practicing the Buddha s teachings in daily life. The eight steps on the path are: right understanding, thought, speech, action, livelihood, effort, mindfulness, and concentration. Smith explains exactly what the Buddha had in mind, using translations of his own words and then elucidating them for us. Throughout the book are wonderful quotes from a broad range of Buddhist teachers, giving a taste of the very best each of them has to offer. The Beginner s Guide to Walking the Buddha s Eightfold Path is a prescription for happiness, not just for overcoming suffering, which is how many people think of Buddhism. Here...

Reviews

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