



## How Would Buddha Act?: 801 Right-Action Teachings for Living with Awareness and Intention (Paperback)

By Barbara Ann Kipfer

New Harbinger Publications, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. In How Would Buddha Act?, best-selling author Barbara Ann Kipfer offers a unique, modern take on the ancient teachings of Right Action-the Buddhist concept of acting in loving, compassionate ways and responding to others with the intention of doing no harm. In the book, you ll learn that every thought, word, and deed has a consequence, and that by trying to be a better person in day-to-day life, you will be taking meaningful steps toward true enlightenment.If you re like many others, you probably live an overbooked, stressful life. And when you feel frustrated, overwhelmed, and rushed, it s easier to engage in negative behaviors like overindulging in food or alcohol, watching too much television, maxing out your credit card, or neglecting those you love. You might find yourself on autopilot, completely unable to connect with your friends, family, and community. This book offers 1,500 affirmations to help you avoid these common pitfalls, and stay on the path to enlightenment.



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-- **Michel Halvorson**

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Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 182 x 76 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



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