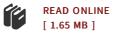


How Would Buddha Act?: 801 Right-Action Teachings for Living with Awareness and Intention (Paperback)

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 Il 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.



Reviews

It is great and fantastic. It can be writter in easy phrases and never hard to understand. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you request me).

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Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand. -- Mr. Jerry Littel

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