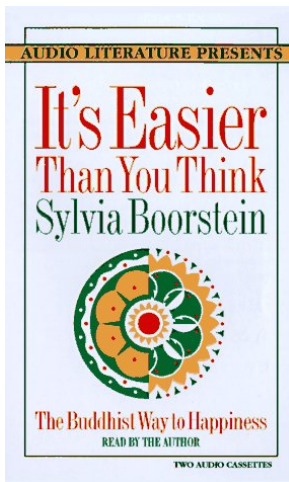


# [PDF] It's Easier Than You Think: The Buddhist Way To Happiness

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## Books Details:

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Author: Sylvia Boorstein  
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## Description:

**From Library Journal** American Buddhist teacher Boorstein has crafted a series of accessible lessons about engaging in the Buddhist way of life. With graceful humor, Boorstein teaches the insights of the Four Noble Truths and the Eightfold Path of Buddhism by drawing on examples from her own pilgrimage toward the mindfulness wrought by Buddhist practice. A fine introduction to Buddhism cast in the language of everyday experience. Highly recommended.

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It points the way to a better, happier and more fulfilling life for you and those around you. Enroll Now. It is in your power to point the way to a less dangerous and happier life. The mission of The Way to Happiness Foundation International is to reverse the moral decay of society by restoring trust and honesty the world over through the publication and widespread distribution of The Way to Happiness, a common sense guide to better living. That mission is accomplished on a grass-roots level, worldwide, by individuals who share The Way to Happiness book with others and so bring about an increase that is easier than you think. And, I also laughed. Read more. Boorstein wants to illustrate the main precepts of Buddhist practice and understanding, but she also wants to show what an actual spiritual or religious life looks like on the ground. A spiritual path does not solve your problems; you will not be a completely different person after you embrace a spiritual path than before. Buddhist practice will slow down those natural tendencies that you have. It will give you the ability to retrain your natural reactions to situations, especially those that cause pain or stress, and examine them differently. In this way, a spiritual or religious path is a She was filled with vague anxiety over the precariousness of life. I was so relieved to meet people who were willing to say that life is difficult, often painful, and who still looked fine about admitting it, writes Boorstein of her fellow meditators. Most important, they looked happy. That was tremendously reassuring to me. After two decades of practice, Boorstein herself has become such a reassuring figure that she is referred to by her students as the Jewish grandmother bodhisattva. And that description fits the tone of the book, which is cozy and close-to-home. is Free: And It's Easier Than You Think (Keys to the Ultimate Freedom Books 1 to 5 The Psychology of Selling: Increase Your Sales Faster and Easier Than You Ever Thought Possible. 257 Pages 2004 1.06 MB 40,579 Downloads New! and easier than ever before. It's a promise of prosperity that sales guru Brian Tracy has seen in It's Easier Than You Think: The Buddhist Way to Happiness. 135 Pages 1997 580 KB 409 Downloads New! and compassion. You Say More Than You Think: A 7-Day Plan for Using the New Body Language to Get What You Positive Thinking: 50 Positive Habits to Transform your Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking,, Positive It is a constant challenge to me (Zen Buddhists might call it a koan) to negotiate the fine line between indifference-to-life-experience and passionate-appreciation-of-life-experience without attachment. I'm depending on that being possible, but since every moment has the balance of pleasant or unpleasant, it's hard not to want pleasant. Fundamentally, it's hard not to want. St. John of the Cross is said to have prayed, Lord, spare me visions!