



How Would Buddha Act?: 1501 Right-Action Teachings for Living with Awareness and Intention

By Barbara Ann Kipfer

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, How Would Buddha Act?: 1501 Right-Action Teachings for Living with Awareness and Intention, Barbara Ann Kipfer, 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.



READ ONLINE
[7.98 MB]

Reviews

Absolutely essential study book. It normally is not going to charge excessive. I am delighted to inform you that this is basically the finest ebook we have study during my very own lifestyle and can be he greatest publication for at any time.

-- Dr. Willis Paucek II

The best book i ever study. I could possibly comprehended every little thing out of this composed e ebook. I discovered this book from my dad and i advised this pdf to discover.

-- Ernie Lebsack