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HEQM51 - JAIDYN CHAPMAN

With simple, whimsical drawings and simple, profound truths, Buddha Doodles celebrates the amazing possibilities of the divine light within us all. These inspiring messages, little doodles, and feel-good sayings can help you get in-tune while you meditate or inspire you toward mindfulness.

Learn to Love Yourself From Stress to Happiness. Many of us know intellectually that we need to be good to ourselves if we want to be happy. But it feels so hard. We are simultaneously the harsh judge and the lost, scared child who wants to stop feeling judged. It becomes a vicious cycle. It only stops when we step outside ourselves and observe how we got ourselves stuck. Only then can we learn to practice gratitude and positive thinking. Joy and Peace. Lori Deschene, creator of TinyBuddha.com and the self-help journals Tiny Buddha's Worry Journal and Tiny Buddha's Gratitude Journal, shares 40 unique perspectives and insights to help you stop judging yourself so harshly. Featuring stories selected from hundreds of TinyBuddha.com contributors, Tiny Buddha's Guide to Loving Yourself provides an honest look at what it means to overcome critical, self-judging thoughts to create a peaceful, empowered life. More than a Self-Help Book. Tiny Buddha's Guide to Loving Yourself is a collection of vulnerable reflections and epiphanies from people who are learning to love themselves, just like you. In this book, you will find: • Four authentic, vulnerable stories in each chapter • Insightful observations about our shared struggles and how to overcome them • Action-oriented suggestions based on the wisdom in the stories Readers of inspirational books and spiritual books like The Book of Joy or other books by Lori Deschene such as Tiny Buddha's Worry Journal or Tiny Buddha's Gratitude Journal will love Tiny Buddha's Guide to Loving Yourself.

John Cech's retelling of the classic fables. These stories are about life lessons and making choices.

Cartoonist and children's illustrator/author Mollycules(tm) invites you to enjoy this whimsical compilation of comics known as 'Buddha Doodles.' 'Buddha Doodles' emerged from a practice that Mollycules(tm) started in the fall of 2011 as a way to begin each day with an illustrated affirmation or quote. The comic quickly gained popularity and is now featured on the Huffington Post daily. Drawn promptly upon waking, the practice peacefully rests in the belief that there are no mistakes.

A little book of timeless wisdom by the founder of TinyBuddha.com: An "engaging, thought-provoking book" that explores life's biggest questions (Gretchen Rubin, author of The Happiness Project). What is the meaning of life? Why are relationships so hard? What does it take to be happy? The answers to these and life's

other questions are explored in author Lori Deschene's Tiny Buddha. In 2008, Deschene began asking life's biggest questions on Twitter. The many insights that came flooding back to her became the starting point for this uniquely modern guide to life's most ancient mysteries. Through the process of engagement, research, and personal reflection, Deschene learned that these questions unite us. And while no one answer is right for everyone, the simultaneous lack and abundance of answers is the answer. Tiny Buddha combines many of the responses Deschene received with her own insightful essays and lessons from wise teachers throughout time, as well as practical tips and exercises to help you bring more meaning and intention to your life. Deschene also shares her own experiences overcoming depression, isolation, self-loathing, and a sense of meaninglessness. The result is a guide that helps readers discover the endless possibilities of a life lived mindfully in the present, connected to others.

Discover Buddhism with the world's most revered spiritual leader This jewel of a book offers the core teachings on Buddhism applicable in daily life from His Holiness the Dalai Lama. This is a classic timeless collection of advice and teachings about the importance of love and compassion, individual responsibility and awareness of the problems in everyday life. Whoever you are, whatever your beliefs, the Dalai Lama's words have the power to calm and inspire.

Six Simple Rules for a Better Life is not another self-help manual touting all kinds of grand changes that are meant to impress you but that instead serve to oppress you, making you feel so guilty that you avert your eyes as you walk past the shelf where it sits next to a bunch of other impulsively bought, unread books, each accusingly calling out to you, Why aren't you following my instructions? What it is: Six Simple Rules for a Better Life is a book filled with practical, achievable suggestions for all kinds of ways you can improve your life, along with a game plan for doing so. In Six Simple Rules for a Better Life, you'll learn that Life is Long and that you can achieve your goals when you slow down to make the changes and stop to celebrate the progress.

Buddhism is all about training the mind, and boot camp is an ideal training method for this generation's short attention span. The chapters in this small book can be read in any order, and are simple and easy to understand. Each story, inspirational quote and teaching offers mindfulness-enhancing techniques that anyone can relate to. You don't need to be a Buddhist to find this book motivational. As the Dalai Lama says, "Don't try to use what you learn from Buddhism to be a Buddhist; use it to be a better whatever-you-already-are." Whether it's Mother Teresa's acts of charity, Gandhi's perseverance, or your aunt Betty's calm demeanor, it doesn't matter who inspires you, so long as you're motivated to

be better today than you were yesterday. Regardless of religion or geographical region, race, ethnicity, color, gender, sexual orientation, age, ability, flexibility, or vulnerability, if you do good, you feel good, and if you do bad, you feel bad. If you agree that Buddhism isn't just about meditating, but also about rolling up your sleeves and relieving some of the suffering in the world, then you are ready to be a soldier of peace in the army of love; welcome to Buddhist Boot Camp!

"The essence of all spiritual life is your attitude to others." --His Holiness the Dalai Lama With clarity and candor, the Dalai Lama expounds on the core teachings of Buddhism. Fusing ancient wisdom with a modern sensibility, he gently encourages each of us to embrace lives of love and compassion; to embrace individual responsibility. His pithy reflections encourage us to rid ourselves of preoccupation with the ephemera of daily life and to find refuge in Buddha, Dharma, and Sangha. Inspiring, provocative, and thoughtful, this slim volume will be read and treasured for years to come.

Foster a greater sense of inner peace, one day at a time Discover how the wisdom of the Buddha can help you feel calmer, happier, and more satisfied. Featuring a thoughtful new prompt every day, A Year of Buddha's Wisdom helps you learn essential Buddhist principles and make them a part of your everyday life. What sets this Buddhism guide apart: 365 days of wisdom--Deepen your Buddhism practice every day with an array of meditations, mantras, reflections, and quotes. Short and simple entries--Whether it's taking a minute to be aware of your surroundings or 10 to meditate, these brief prompts encourage you to explore the Buddha's wisdom every day. A path to tranquility--Grow into your best self as you learn to be mindful, find joy in meditation, have compassion for others, and much more. Embody the Buddha's wisdom with this easy and accessible Buddhism book.

This book will make you smarter, more capable and more creative, super-fast - whatever your IQ. Have you ever had a problem at home, work or in a relationship that you just couldn't figure out how to solve? Have you felt stuck and frustrated because you can't come up with a good solution? Maybe it's a problem that's been niggling at you for ages, draining your energy and making you unhappy. Or maybe it's an ambition or project which you can't seem to complete or achieve, no matter how hard you try - but it would make such a difference to your life if only you could. Have you wasted precious time or money on ineffective solutions? Has the issue caused you stress or hung a cloud over your life? Has your potential suffered because you can't see how to achieve your goals? How much better would your life be if you were able to overcome your obstacles super-fast? If you could have instant epiphanies rather than wasting your time spinning your wheels? Wouldn't you feel lighter and freer knowing that you can solve issues in a snap? Wouldn't life be easier and more enjoyable when you can simply eradicate problems and get on with your goals? Blending science, psychology and philosophy, INSTANT WISDOM: 10 Easy Ways to Get Smart Fast will teach you tools, tweaks and techniques that will make you smarter in mere minutes or seconds, boosting your creativity and expanding your mental horizons. The strategies include methods that geniuses and peak performers use to get amazing results. You will learn: + Einstein's top tool to be ultra-inventive (you can do this in your sleep) + The "Alice in Wonderland" technique that helps you learn anything (it's fast and fun) + A way to boost your creativity that is so simple that kids can do it (it's literally child's play) + How to fool your brain into being super-focused (an actor used this trick to land millionaire-making roles) + An ancient technique that will make you much wiser (a famous philosopher's secret weapon) + How to become cleverer doing things you love (this

surprising method leads to happiness and success) + The tactic top athletes use for ultimate performance (but you don't even have to leave your chair for this) + A delicious way to boost your logic (granny knows this trick, but I bet you don't) + The "Smart Stranger" method for achieving instant insight (this is a genius way of solving any problem) + How to get great minds to improve your intelligence (no bribes required) ... and much more. When you can boost your brainpower instantly, you will be able to solve personal problems much faster, become a better worker, save precious time on projects, and achieve your goals at lightning speed. Instant Wisdom contains personal stories, surprising studies and real examples. It contains a variety of exercises, so you can use the tools immediately. So, what are you waiting for? Do you really want to spend more time and energy stressing out over problems? Or do you want a whole set of easy tools that you can use to instantly be sharper in all areas of your life? Get INSTANT WISDOM now!

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

Your own love is curative. How to Have Your Back is a guidebook for all of us seeking inner strength and serenity, no matter what life throws our way. Inside are lessons in five essential components of unconditional self-love and choosing how your life feels. Inside How to Have Your Back are lessons in: Loyalty: Seeing and treating yourself like someone worth caring about. Loving Interest: Showing up and paying attention-without the judgment. Car-

ing Communication: Speaking to yourself with love and encouragement. Heartfelt Action: Acting from the heart and taking the most loving steps available. Dedication: Bringing the love again and again, come what may. Each lesson contains simple, step-by-step instructions for practicing the lessons in the good times and bad, questions for contemplation, self-assessments for measuring your growth, pledges and mantras to infuse your life with more loving thoughts and self-talk, and tips on what to do when loving yourself is hard. Discover how to find the balance between accountability and affection as you learn to see, speak to, and treat yourself like someone worth caring about.

From the founder of the popular online community Tiny Buddha.com comes a daily inspirational guide of simple and creative challenges to help you actively spread love to those around you. Tiny Buddha's 365 Days of Tiny Love Challenges is a simple guide to help readers pursue happy, connected lives and bring greater love into the world. Each week begins with an inspirational message written by members of the TinyBuddha.com online community, followed by seven days of short challenges that focus on self-love, giving and receiving love in relationships and friendships, and spreading love in the world, such as: Write a list of three things you appreciate about yourself and place it somewhere in your home where you'll frequently see it throughout the day Compliment someone who serves you in some way (for example, a waiter, barista, or bus driver) on how well they do their job Keep an eye out for someone who looks sad—a friend, coworker, or even stranger—and say something that might make them laugh or smile. By using the book each day throughout the year, readers will learn to develop closer bonds in relationships, let go of anger and bitterness, better understand themselves and their loved ones, and turn strangers into friends.

Inspired by the teachings of Lama Zopa Rinpoche, "The Buddha Book" is a beautifully illustrated introduction to the most important and well-known buddhist deities. The book presents their major characteristics, functions and histories in a clear and concise way and, along with prayers, meditations, and visualizations, it covers special rituals and blessings associated with each Buddha. Samuels suggests that becoming organized can reduce the stress of life's details and make time to embrace passions. Thousands of clients and readers have found help and inspiration in her advice, personal reflections on change and connection, and vision of what can be accomplished.

Jesus, Moses, Mohammed, Gandhi, and the Buddha all had brains built essentially like anyone else's, yet they were able to harness their thoughts and shape their patterns of thinking in ways that changed history. With new breakthroughs in modern neuroscience and the wisdom of thousands of years of contemplative practice, it is possible for us to ...

Awaken your heart and engage your mind with Buddhist Wisdom: Daily Reflections, a simple but powerful collection of Buddhist sayings and extracts that offer an easy way to incorporate the Buddha's greatest teachings into your everyday life. Use it daily or at random to find help facing a particular issue, problem or simple uncertainty. Illustrated with photographs of traditional Buddhist people, sacred places and monuments, the book provokes contemplation and deeper understanding for all individuals, regardless of religious persuasion. Buddhist Wisdom also offers a brief overview of the life of the Buddha, Buddhist teachings and the spread of Buddhism around the world; includes a Buddhist calendar of celebration days and festivals.

This is a book about awareness - it's about being 'awake' and in touch with what is going on here and now. Practical and down-to-earth, it deals exclusively with the present, not with speculation, theory or belief in some far-off time and place. The teach-

ings of the Buddha are plain and straightforward, and because they remain focused on the moment they are just as relevant now as they have ever been. BUDDHISM PLAIN AND SIMPLE is the book for anyone wanting to discover, or rediscover, the essence of Buddhism.

Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

You've heard the expression, "It's the little things that count." It's more than a simple platitude. Research has shown that integrating little daily practices into your life can actually change the way your brain works. This guide offers simple things you can do routinely, mainly inside your mind, that will support and increase your sense of security and worth, resilience, effectiveness, well-being, insight, and inner peace. For example, they include: taking in the good, protecting your brain, feeling safer, relaxing anxiety about imperfection, not knowing, enjoying your hands, taking refuge, and filling the hole in your heart. At first glance, you may be tempted to underestimate the power of these seemingly simple practices. But they will gradually change your brain through what's called experience-dependent neuroplasticity. Moment to moment, whatever you're aware of—sounds, sensations, thoughts, or your most heartfelt longings—is based on underlying neural activities. This book offers simple brain training practices you can do every day to protect against stress, lift your mood, and find greater emotional resilience. Just one practice each day can help you to: • Be good to yourself • Enjoy life as it is • Build on your strengths • Be more effective at home and work • Make peace with your emotions With over fifty daily practices you can use anytime, anywhere, Just One Thing is a groundbreaking combination of mindfulness meditation and neuroscience that can help you deepen your sense of well-being and unconditional happiness.

A sympathetic illustrated guide to learning to live with your mind—even when it tries to trick you. Most of us spend our lives trailing after our minds, allowing our brains to take us in directions that are safe and secure, controlled and conformed. Your mind doesn't want you to take that new job, sign up for that pottery class, or ask someone out. It wants you to stay unemployed, unfulfilled, and single because it enjoys routine and is resistant to change, no matter how positive the change may be. But more often than not, that's not what you want. Whose Mind Is It Anyway? will help you learn how to separate what you want from what your brain wants and how to do less when your mind is trying to trick you into doing more. In a colorful, funny, and nonthreatening way, it answers the difficult question of how we can take control of our self-defeating behaviors. Filled with charming illustrations, this book will be the friendly voice in your head to counter your negative thoughts, and it will teach you how to finally be at peace with all that you are.

Building on the age-old art of storytelling, this beautiful book retells 20 ancient Buddhist tales in a way that will aid relaxation and prepare your child for sleep.

Der kleine Buddha beschliesst, endlich mal Urlaub zu machen. Auf seiner Reise begegnet er vielen Menschen und Situationen, und lernt somit die Welt etwas besser kennen

Sleep deprivation is a growing problem worldwide. We go to our doctors for advice, but they seem to have nothing but pills to counteract this predicament, and these quick fixes fail to get to

the root of the problem. Buddha's Book of Sleep is the first book to treat sleep disorders from the perspective of mindfulness meditation. Yet this is a natural choice - mindfulness meditation has proven effective for other psychological problems such as stress, depression and anxiety and these very issues are what become sleep problems when our heads hit the pillow. Divided into two sections, this book attacks sleep disorders with a combination of wisdom and practical meditation exercises. The first section describes the reasons why mindfulness meditation's basis in self-awareness is appropriate for dealing with this problem, detailing the practices of this popular form of meditation. The second section contains seven specific exercises to practice at bedtime or in the wee hours of the morning, depending on when sleeping problems occur. Supplying readers with a new perspective on why they cannot fall asleep (even when they feel exhausted), and arming them with easy-to-use tools from the practices of mindfulness meditation, Buddha's Book of Sleep will help the reader calm their hurried thoughts and rest easy.

A treasury of writings and teachings from the beloved Zen teacher Thich Nhat Hanh. Since Thich Nhat Hanh's exile from his native Vietnam in 1966, this Zen Buddhist monk has gone on to become one of the most influential and beloved spiritual masters of our age. The seeming simplicity of his words belies the power of this teaching to touch the heart and mind and to inspire spiritual practice. These selections, taken from his many published works, together make up a concise introduction to all his major themes and distill his teachings on the transformation of individuals, relationships, and society. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

A frightening suspense novel about nine-year-old Trisha, who becomes lost in the woods as night falls.

In this comprehensive book, Lama Surya Das provides a bridge between East and West, past, present and future, making sacred and profound Tibetan teachings clear and easily accessible for anyone who wants to lead a more enlightened and sane life. Utilizing the unique Buddhist guidelines embodied in the Noble Eight Fold Path and the traditional Three Enlightenment Trainings of Virtue, Meditation and Wisdom, he elucidates the tried and true path of spiritual transformation - including key principles such as karma, rebirth and mind-training, as well as the highest, most secret teaching of Tibet, Dzogchen. In this wonderful marriage of the practical and the profound, Lama Surya Das reveals how sacred wisdom can be integrated into our busy lives. He offers a unique approach to the comprehensive wisdom of ancient Tibetan teachings on conscious living and dying and shows that the power of the Buddha is resting within us all. Drawing on Buddhist spirituality and wisdom, this is a view of the world written for Western seekers.

How would your life be different if you could regularly access boundless wisdom? Would it be more peaceful? Fun? Expansive? What are you waiting for? Each one of us sits upon our own toolbox--our own treasure trove of inner resources. The trick is learning how to open your toolbox and skillfully use the tools inside. In *Sitting on the Toolbox: Buddha's Wisdom for a Joyful Life*, Buddhist monk Venerable Bhante Sujatha uses humor, personal anecdotes, and a mix of ancient and modern stories to show you how to access your own deep truths and live a fuller, more joyful life.

What if you gave your full, thoughtful attention to the words you

said—or texted, or emailed? In *What Would Buddha Say?*, best-selling author Barbara Ann Kipfer presents 1,501 mindful communication tips based on the Buddhist concept of Right Speech—a belief that what you say can greatly affect your happiness. Poor communication lies at the heart of most relationship problems. Everyone wants to be heard, to be understood, and to be treated with respect. But in our digital age of texting and social media, it's easy to distance ourselves from the words we put out into the world, and many times, we may not be aware of the negative impact our words can have on people, whether they are our friends, family, or coworkers. This is where the concept of Right Speech comes in. An important part of the Buddhist Noble Eightfold Path, Right Speech is the philosophy that what you say can positively or negatively impact your life, as well as the lives of those around you. Speech to avoid includes divisive speech, abusive speech, lies, and idle gossip. In addition, most of what we say fails to convey what we really mean in our hearts. With this book as your guide, you'll learn thousands of tips to help you speak your truth, say what you really mean in your heart, improve all of your relationships, and choose your words wisely and conscientiously in every situation.

You already have everything to transform your life into anything you desire. Do you believe it? The Law of Attraction is the power key to unlock your destiny, to consciously attract more of what you want and less of what you don't want. This book teaches you how to use the hidden energy within you to alter your life circumstances to create abundance of happiness and success. Once you read this book, there is no turning back. So grab your copy now and start manifesting your dreams into reality! Mitesh Khatri is an internationally trusted leadership trainer, motivational speaker and national-bestselling author of *Awaken the Leader In You*. He founded Guiding Light Consultants with his wife and co-author Indu Khatri. Indu Khatri is a bestselling author and principle content designer for Guiding Light's corporate training programs and executive coaching.

A beautifully designed, inviting interactive journal to help you de-stress, reduce anxiety, and find peace from the founder of the popular online community Tiny Buddha, and author of *Tiny Buddha's 365 Tiny Love Challenges* and *Tiny Buddha's Gratitude Journal*. Filled with prompts, quotes, questions for reflection, and coloring and doodle pages, *Tiny Buddha's Worry Journal* can help you feel calmer and cultivate a more mindful, peaceful spirit every day. In addition to prompts, the journal features three recurring sections: "Let It Go"—identify what is currently creating anxiety in your life and suggestions for working through it; "Plan Ahead"—help to navigate particular situations and devise a plan to approach them in productive ways; "Color and Draw Yourself Calm"—fifteen coloring pages and fifteen doodle pages carefully designed to inspire you to use your own creativity to soothe worries and focus on the moment. Don't let anxiety control you. *Tiny Buddha's Worry Journal* lets you carve a little time for yourself every day, and gives you tools to help you improve your mood, focus on the present moment, and kindle your unique creativity.

Thich Nhat Hanh, Buddha, Dalai-Lama... Buddhist Quotes for the Mind "Sitting quietly doing nothing, spring comes, grass grows of itself." Buddha "Love is the absence of judgment." Dalai-Lama "You will not be punished for your anger, you will be punished by your anger." Buddha Words are an interesting concept, they can elevate us and reveal the beauty of an imperceptible instant, describe a being's thought in a deep state of inspiration... They can also mislead us if we mingle them with the thing they describe... A quotation represents a condensation of the spirit, a condensation of the philosophy and attitude adopted and applied by the author in his thoughts, speeches and actions. Reading and unders-

tanding these thoughts can allow us to discover a new way of looking at the world, by widening our perception, we get a greater faculty to discern the most appropriate response in a given situation... In Buddhism in general and Zen in particular, it is said that a sentence, a word even, can awaken someone, while opening the door of knowledge and wisdom. Perhaps the reading of these sentences will open up unexplored dimension within you, perhaps you will have a moment of clear comprehension or perhaps you will have the desire to apply a certain attitude that would allow you to be more peaceful... Whatever the result of your reading, I am convinced that your life will improved, that your desire to understand will be satisfied and that you will re-established the connection with your true self which is now waiting for only one thing, for you to continue reading in order to find deep within you, this familiar sensation to have found again this treasure buried and hidden deep down for too long... I wish you beautiful reunion with yourself, with the light, joy and love which are abundantly accessible and available within all of us, at any moment! Note from the author: This book is a small book, with concise and clear quotes concerning the Buddhist teachings.

The Buddhism Reading Cards are designed as an easy and simple introduction to the fundamental teachings of Buddhism in a fun and practical way. Each card represents one fundamental, core principal of Buddhism. The cards are simple to use, each containing a wisdom that, like a glimmer of light, brings healing, direction and inspiration to your life. The peaceful Buddha image helps the wisdom to flow easily, gently penetrating your mind and spirit. By choosing the card that you most connect with, you can easily open up a way to positively communicate with your subconscious mind. You will find that the cards shine new light on situations by inviting inner solutions that come easily from the energy, creativity and intelligence found within your own, deep being. The deck comprises 36 cards in total and is divided into four sections.

For many years Josephine Moon struggled with the question of eating meat, fervently wishing to live as a vegetarian yet requiring meat in her diet. From Josephine's philosophical, spiritual and physical battle with eating meat came, *Buddhism for Meat Eaters* - a book for animal lovers, the environmentally and ethically conscious, and generally thoughtful people who eat meat but perhaps aren't entirely comfortable doing so. Open, honest and utterly without judgement, *Buddhism for Meat Eaters* encourages readers to be more mindful about their choices, rather than berating themselves for them, and offers ways for people to live ethically, honestly and guilt-free, whether as a carnivore, vegetarian or vegan. This highly practical guide also includes workbook-style activities and topics for consideration to guide you in your own journey to making wiser decisions on how you consume, how you live, and how to change the world around you.

From the author of *Tiny Buddha's 365 Tiny Love Challenges* and founder of the popular online community *Tiny Buddha* comes a flexibound interactive journal to help readers creatively foster gratitude in their daily lives. Even in the hardest of times, we have things to be grateful for. Lori Deschene, founder of *TinyBuddha.com*, helps us recognize these small blessings with this journal dedicated to thankfulness. Each page of *Tiny Buddha's Grati-*

tude Journal includes a question or prompt to help readers reflect on everything that's worth appreciating in their lives. Sprinkled throughout this soulful journal are fifteen coloring pages depicting ordinary, often overlooked objects that enhance our lives, with space for written reflection on the page. With *Tiny Buddha's Gratitude Journal*, readers will be able to recognize small blessings, focus on the positive, and foster optimism to help them be their best, happiest selves every day.

By dipping into this little book of simple Zen Buddhist sayings, you can calm your anxiety and return serenity to your soul. Are you feeling stress and anxiety from the demands of daily life? Do you feel overwhelmed by your to-do list and the constant deluge of information from all quarters? Are you unhappy with your life and envious of those around you? At times like these it's important to step back and take a breath. Zen meditation may conjure up images of sitting in silence for long hours, but according to Buddhist monk and author Shinsuke Hosokawa, Zen can be summed up as "the knowledge needed for a person to live life with a positive outlook." With this in mind, he has produced this charmingly illustrated collection of thoughts and sayings to help you live life with less stress and anxiety. The sayings include: Pay attention to what is right in front of your eyes Nothing happens by chance. Every encounter has its meaning Be careful not to confuse the means and the purpose Keep flowing just like water Nothing will control you Even a bad day is a good day Check the ground beneath your feet when you're in trouble You'll never walk alone These 52 mindful sayings mirror the 52 steps traditionally taken to achieve Buddhist enlightenment, and they also coincide with the 52 weeks of the year—passing through the seasons, both in the natural world and our lives. Each page has an illustration and a simple, meditative reflection to help you see into your own heart, accept your current state of being, reduce anxiety and find peace. Whatever the time of year, whatever your time of life, by browsing the pages of this book you are sure to quickly find a piece of universal wisdom that will resonate with your soul.

"*What Is Love?* is an inspirational handbook to happy, healthy, and fulfilled relationships. Reading it will uplift your spirit, clarify expectations, and open the door to the relationship of your dreams." -Cherie Carter-Scott, Ph.D., author of the number-one *New York Times* best-selling book *If Love Is a Game, These Are the Rules* Why is it that love receives less instruction than the average driver's education class? We don't learn to drive by crashing until we get it right, but this seems to be how we learn about love. Author Taro Gold offers simple, practical guidance-based on the universal principles of Buddhism-that can steer us through the twists and turns of love. By leading us first to become happy within, Buddhist teachings offer empowering advice on creating the romantic happiness of our dreams. *What Is Love?* contains three sections: *Love and Illusion: The Outer Path (Searching Through the Fantasy)* *Love and Reality: The Inner Path (Finding True Love Within)* *Love and Life: The Middle Path (Creating Romantic Happiness Now)* Inspirational quotes are sprinkled throughout the text, enriched by full-color, Far East-inspired watercolors. Like an elegant bouquet of flowers, it's the perfect gift for Valentine's Day or any other special occasion.