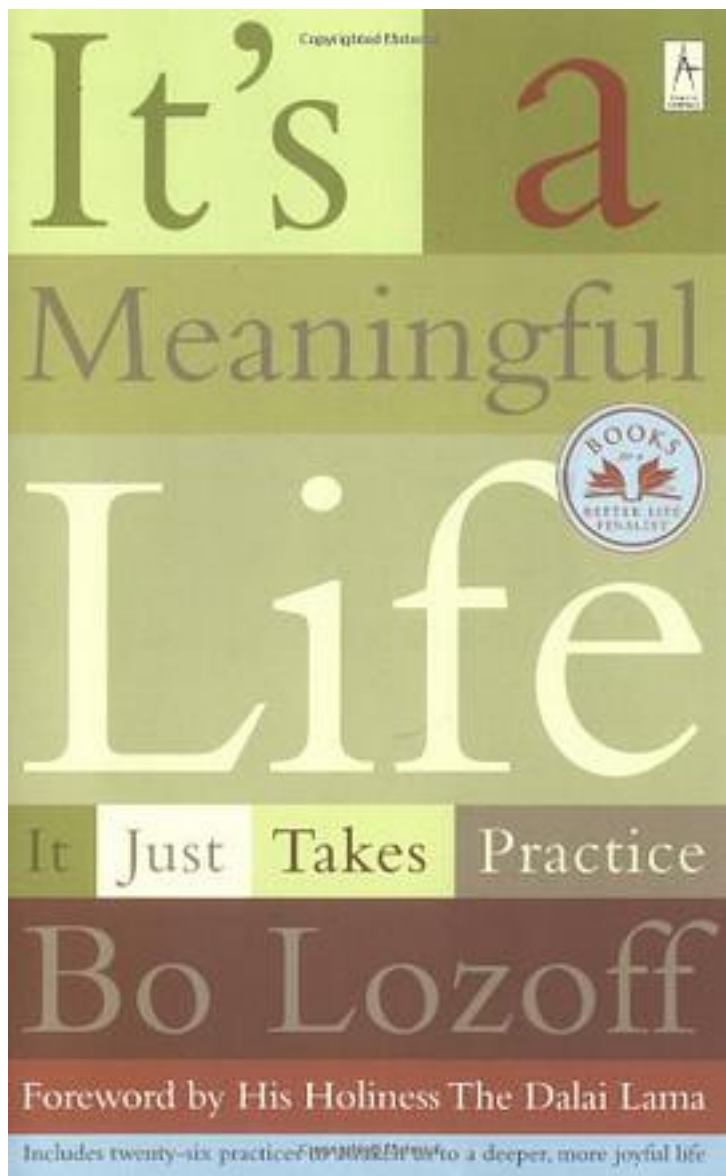


It's A Meaningful Life



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Here is a universal, time-tested path for finding true meaning and joy in every aspect of our lives. Drawing on his 30 years of teaching and service, Bo Lozoff shows why compassion-not success, self-improvement, or self-esteem-is at the root of happiness. In 26 intimate, inspiring chapters-each accompanied by a specific practice-Lozoff covers themes such as developing honesty, learning humility, dealing with anger, and honoring relationships. He shows how practices such as a daily vow of kindness or a simple commitment of time with others can have a profound effect on ourselves and our world. Lozoff's stories and lessons can awaken everyone to a happier and more fulfilled life.

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