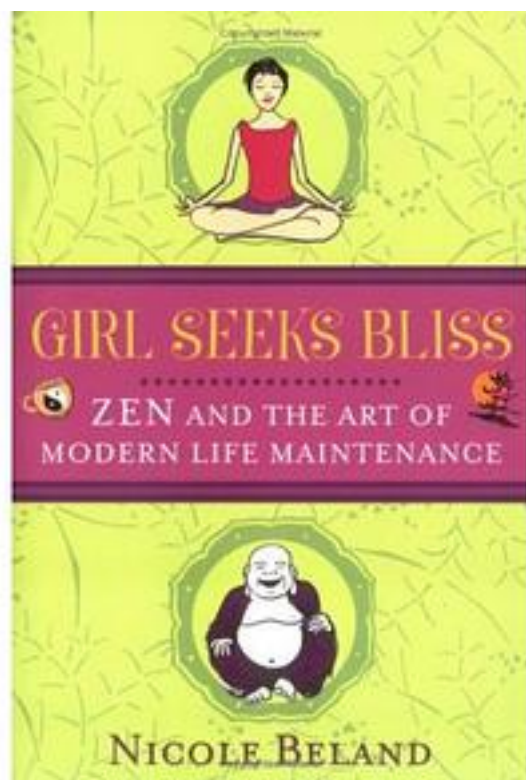


Girl Seeks Bliss



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Chris Witt, Time Out NY In her quick, easy read... Beland advises busy ladies on how to use Buddhist teachings to deal with everyday stressors. Book Description Buddhism made easy for the girl on the go. Are you searching for serenity but can't seem to find it amongst the sticky tubes of lip gloss floating around in your purse, the piles of paperwork stacked on your desk, or the endless numbers programmed into your cell? Have the words "calm" and "stress-free" disappeared from your vocabulary? If so: Take some advice from the Bold and the Buddha-ful Try a

mini-meditation Learn how to create your own Space to Chill Improve your love life by using The Eightfold Path to Finding a Good Guy Spice up your sex life by trying some Tantric Tricks Building on the most basic principles of Buddhism, Girl Seeks Bliss is the perfect book for any young woman looking to unclutter her mind, her heart…and her closet, and be better prepared to face the obstacles life throws her way every day. See all Editorial Reviews

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