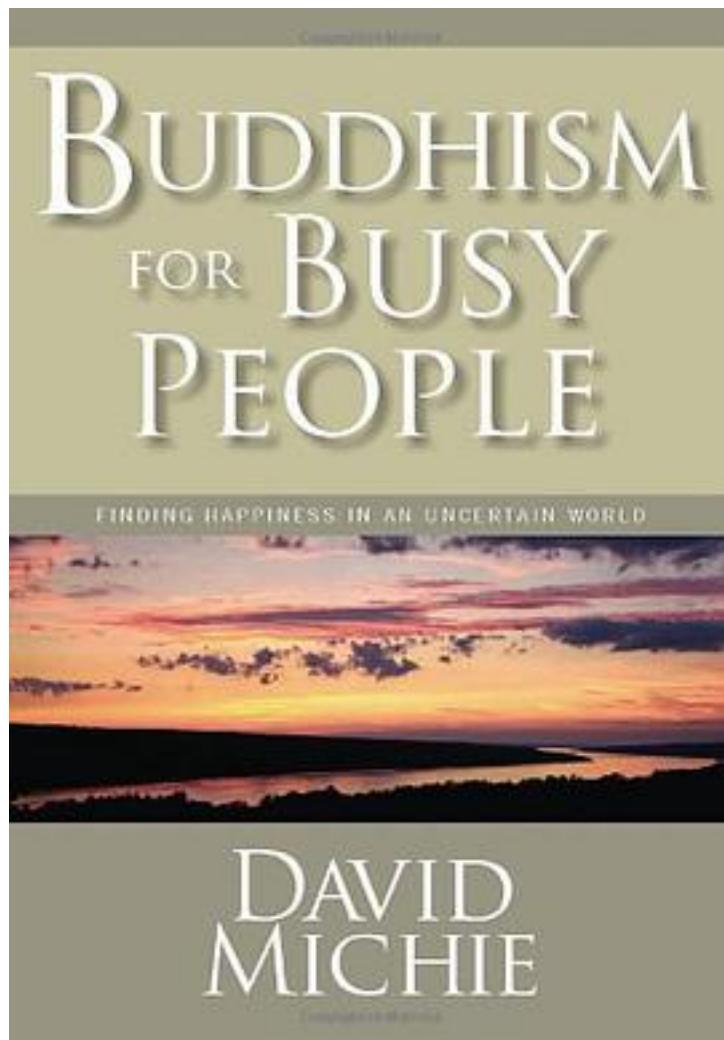


Buddhism For Busy People



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著者:David Michie

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The best-selling introduction to Buddhism. Includes Bonus Meditation CD. Every once in a while you come across an extraordinary book with the power to change your life. *Buddhism For Busy People* is one such book.

What does it take to be happy? We've all asked ourselves this question at some point, but few of us have found the path to lasting fulfillment.

David Michie thought he had achieved his life's goals - the high level job, the expensive city apartment, the luxury car, great holidays...but a small voice was telling him he wasn't really happy. A chance remark from a naturopath sent him to his local Buddhist centre. There, he began the most important journey of his life.

In this simple, beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism. With wry, self-deprecating humour, he shows us how he began to incorporate Buddhist practices into his daily life. He explains how he came to understand the difference between the temporary pleasures of ordinary life, and the profound sense of well-being and heart-felt serenity that comes from connecting with our inner nature.

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书评

在飞机上一气呵成看了这本Buddhism for Busy

People的书后，突然感叹：原来是中国文化，把佛教复杂化了。

没有乱七八糟的鬼神迷信，没有云里雾里的古词诗文，也没有故弄玄虚的参禅故事。既然是西方人写的，自然也就秉承了西方人的逻辑和科学的研究似的思路。平平淡淡，从自己生...

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