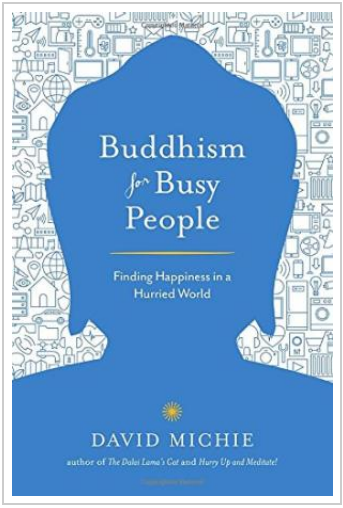

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Buddhism for Busy People: Finding Happiness in a Hurried World (Paperback)

By David Michie

Shambhala Publications Inc, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. In this simple and accessible but beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism, and shows us how he himself first began incorporating Buddhist practices into his daily life. 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, the great vacations--but a small voice was telling him he wasn t really happy. A chance remark from a naturopath sent him to his local Buddhist center. There he began the most important journey of his life. In Buddhism for Busy People Michie explains how he came to understand the difference between the temporary pleasures of ordinary life and the profound sense of well-being and heartfelt serenity that comes from connecting with our inner nature.

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