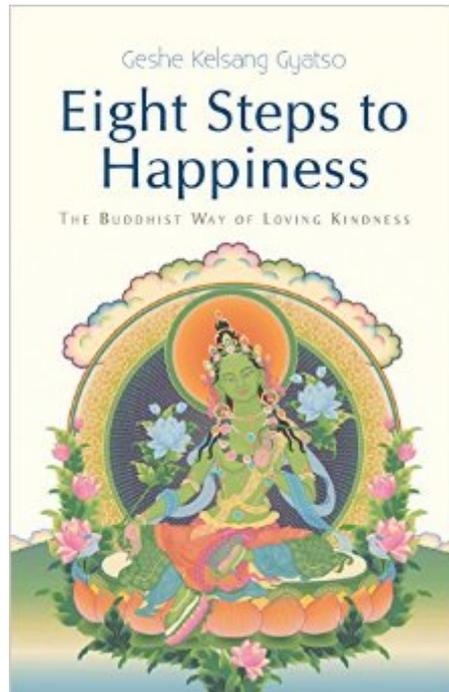


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# Eight Steps To Happiness: The Buddhist Way Of Loving Kindness



## Synopsis

This inspiring book explains how to meditate on eight beautiful verses that comprise one of Buddhism's best-loved teachings, Eight Verses of Training the Mind. Composed by the great Tibetan Bodhisattva Geshe Langri Tangpa, this short poem shows how we can transform all life's difficulties into valuable spiritual insights. Geshe Kelsang Gyatso now shares this ancient wisdom with all those seeking meaning and lasting happiness in their modern lives.

## Book Information

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## Customer Reviews

This book is an amazingly effective set of instructions for how to become a happier person. When I read this I was focusing on how bad my job was because of this and that(...) also because I hadn't met anyone in a long time. So much focus on myself was very draining. This book taught me ways of thinking - that all other living beings want happiness just like me, understanding of the causes of my suffering, and what to do about it, and how to change my mind, and thereby create a new reality. If you are struggling with something you should read this.

When I discovered the writings of Geshe Kelsang Gyatso I was dissatisfied and unhappy with nearly every area of my life. Not any more! I see things in a completely different way now. I've always been curious about the Buddhist way of thinking, but found most books difficult to understand and even harder to apply to my own life. All GKG's books are so user friendly and offer practical realistic

advice that everyone can use.

The Eight Steps to Happiness is a MUST READ for everyone, no matter what your spiritual or religious path. It will bring you fantastic insight as to the keys to end personal suffering - through loving compassion, "exchanging self with others" and so many enlightening principles that are profoundly written, and entirely transformative when put into actual life practice. This is one of the books that I refer back to again and again, and one that is a definite to keep and share with others for life. HIGHLY RECOMMENDED if you truly want to rise above personal suffering on any level. A great heartfelt Thank You to Geshe Kelsang Gyatso for the writing of this profound book.

One of Geshe Kelsang's most practical and inspirational works yet - applicable to Buddhist and non-Buddhist audiences alike. In this book, the author reveals the ancient art of transforming adverse conditions (Lojong) into the spiritual path by explaining precise methods for overcoming our selfish intentions and instead learning to truly cherish all living beings. In addition, Geshe Kelsang clearly and beautifully explains the profound view of ultimate truth, the very heart of Buddha's wisdom teachings. Read this book and discover why these Lojong instructions are said to be "like a diamond, like the sun and like a medicinal plant."

This is a wonderful book by Geshe Kelsang explaining how to transfer everyday experiences into the Buddhist path. If you're looking for a practical guide to develop compassion this is the book for you. Thank you for reading my review, and I wish you much luck.

This is simply the most beautiful book available about the mahayana teachings on love, compassion and transforming adversity. I highly recommend it.

I read from this book almost every day. It is like a close friend and advisor. I feel very lucky to have found it.

This is an amazing book! I bought it for my mom and she can not stop listening to it! We all love it!

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