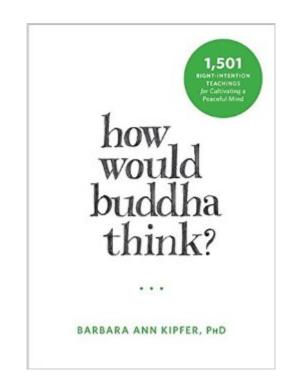
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How Would Buddha Think?: 1,501 Right-Intention Teachings For Cultivating A Peaceful Mind (The New Harbinger Following Buddha Series)





Synopsis

â œAll that we are is the result of what we have thought.â • â "The BuddhaEvery word and every action begins with a thought. Negative thoughts based in jealousy, greed, or hatred may seem harmless on the surface. After all, theyâ ™re only thoughts, right? But while thoughts are only in our head, they often betray our intentions, and can directly shape our actions. So, how can you overcome internal negativity and live more consciously?In How Would Buddha Think?, best-selling author of 14,000 Things to Be Happy About, Barbara Ann Kipfer offers an insightful, modern take on the ancient teaching of Right Intentionâ "an important tenet of the Buddhist Eightfold Path focused on the belief that our intentions drive our actions.With this book as your guide, youâ ™ll learn how to move past negative thoughts or ill will toward others and instead focus on altruism, purpose, and self-actualizationâ "qualities needed to help you live a truly happy life.

Book Information

Series: The New Harbinger Following Buddha Series Paperback: 256 pages Publisher: New Harbinger Publications; 1 edition (July 1, 2016) Language: English ISBN-10: 1626253153 ISBN-13: 978-1626253155 Product Dimensions: 5 x 0.8 x 6.9 inches Shipping Weight: 3.2 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #296,729 in Books (See Top 100 in Books) #381 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #1306 in Books > Science & Math > Behavioral Sciences > Cognitive Psychology #6058 in Books > Self-Help > Personal Transformation

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