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Practice Way Meaningful Life

How to Practice will guide you toward opening your heart, refraining from doing harm, maintaining mental tranquillity, and more. Divided into a series of distinct steps that will lead spiritual seekers of all faiths toward enlightenment, this accessible audio book is a constant and daily companion in the quest to practice morality, meditation, and wisdom.

How to Practice: The Way to a Meaningful Life: Amazon.co ...

It's a practical guide which has exercises at the end of each chapter and it can lead a person to a meaningful life. But I found it difficult to understand and follow the book. To follow the book it requires a very high degree of dedication. But if one can follow then he will be very close to Buddhism and can become a true human.

How To Practise: The Way to a Meaningful Life: Amazon.co

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How To Practice: The Way to a Meaningful Life by His Holiness the Dalai Lama - His Holiness gives advice and explanations about how to develop a more meaningful life and move toward enlightenment in this informative but complex book. Of course he covers compassion and holding the happiness and welfare others before oneself.

How to Practice: The Way to a Meaningful Life by Dalai ...
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How to Practice: the way to a meaningful life Review
SUMMARY FORDAILYPRACTICE 1. Notice your attachments to food, clothes, and shelter, and adapt monastic practices of contentment to a layperson's life. Be satisfied with adequate food, clothing, and shelter. Use the additional free time for meditation so that you can overcome more problems.

How To Practice: The Way to a Meaningful Life | Dalai Lama
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