



Buddhism: Tools For Living Your Life

Vajragupta

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A guide for those seeking a meaningful spiritual path while living everyday lives full of families, work, and friends. Vajragupta gives clear explanations of Buddhist teachings and the necessary guidance on how to apply these to enrich our busy and complex lives. The personal stories, examples, exercises, and questions in this book help transform Buddhist practice into more than just a fine set of ideals. They make the path of ethics, meditation, and wisdom a tangible part of our lives.

Vajragupta, born Richard Staunton in London, is experienced in teaching Buddhism to students of all ages.

Buddhism: Tools For Living Your Life Details

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From Reader Review Buddhism: Tools For Living Your Life for online ebook

Paul Hughes says

Great especially for those fairly new to Buddhist philosophy. You don't need to be a Buddhist to benefit from this book. There are many good ideas for living a happy life that apply to folk of any or no religious inclination.

Mary Saraco says

A practical introduction to meditation.

Rachel Green says

Surprisingly I found this to be a very interesting book. There are ideas & practices found in this book that you can use in your everyday life in order to understand how you are feeling, why you act in a certain way, etc and how you can make any necessary changes. However not everything can be changed but this book shows you that you are able to think & act differently to a particular situation. Also it shows how important it is to have 'me' time too & not to feel guilty.

Bethany says

Really excellent. Explains Buddhism without all the specialist language that usually comes with it.

Danni says

Fantastic practical introduction to Buddhism. Plenty of advice and meditation exercises.

Lisa says

Whether you find this book useful will really depend on why you're reading it and how much you already know about buddhism, mindfulness, etc.. It's an introduction to these ideas and as such is a useful practical guide and is also useful to dip into for reminders for some basic techniques. This is not written as a deep philosophy book and shouldn't be read as such.

Gemma Williams says

A very good and easy to read introduction to Buddhism, focusing on practicalities and very good for beginners.

Lisa says

like new

Seawood says

Interesting, practical, and refreshingly NOT new-agey.

Viv JM says

Straightforward & practical introduction to Western Buddhism.

Penny says

Very engaging and accessible introduction to Buddhism. I found it really helpful in answering some of my questions.

Elizabeth says

I found that this book was not useful at all. It felt as if I was being talked down to and the everyday examples of how buddhism can help you were mundane and trivial. Like running out of milk! If that's what this guys uses Buddhism for, or if he thinks his readers are so simple-minded that they need such stupid examples of being stressed out it's an insult to us. DON'T BOTHER! My mistake for not going straight to the philosophy.
