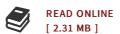




Enlightenment to Go: The Classic Buddhist Path of Compassion and Transformation

By David Michie

Bolinda Audio, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English. Brand New. For the past thirty years the Dalai Lama has consistently recommended Shantideva s A Guide to the Bodhisattva s Way of Life as essential reading for those interested in applying Buddhist philosophy to daily life. In Enlightenment to Go, David Michie provides a lively and accessible guide to the best of Shantideva. Sharing his enthusiasm for Shantideva s radical insights, life-changing psychological tools and transcendent wisdom, he draws on a wide variety of scientific sources from mindfulness training to cognitive behaviour therapy, from neuropsychology to quantum physics to show how Shantideva s Guide is as relevant as ever. Whether you are a newcomer to Buddhism or a seasoned practitioner, Enlightenment to Go offers a glimpse of a radiantly different reality and a beautiful illumination of why the Dalai Lama recommends Shantideva s Guide above all others. The compassionate wisdom of Shantideva is brought alive in this practical and helpful guide. Jetsunma Tenzin Palmo, Tibetan Buddhist nun.



Reviews

A very wonderful pdf with perfect and lucid explanations. This can be for those who statte that there had not been a worth reading. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mr. Stone Kunze

I just started off reading this article publication. This really is for all who statte there had not been a really worth looking at. You will not feel monotony at anytime of your own time (that's what catalogs are for about should you ask me).

-- Prof. Jeremie Kozey

See Also



Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book *****
Print on Demand *****. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Claus Kids Super Sticker Book: A Year-Round Christmas Celebration (Dover Sticker Books) (English and English Edition)

Dover Publications. Book Condition: New. Paperback. Pristine, Unread, Gift Quality. Stored in sealed plastic protection. No pricing stickers. No remainder mark. No previous owner's markings. In the event of a problem we guarantee full refund. 2011. Paperback.



 $Index \ to \ the \ Classified \ Subject \ Catalogue \ of \ the \ Buffalo \ Library; \ The \ Whole \ System \ Being \ Adopted \ from \ the \ Classification \ and \ Subject \ Index \ of \ Mr. \ Melvil \ Dewey, \ with \ Some \ Modifications \ .$

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English. Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English. Brand New Book. Rachel Macy Stafford's post The Day | Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online



On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback

Book Condition: Brand New. Book Condition: Brand New.