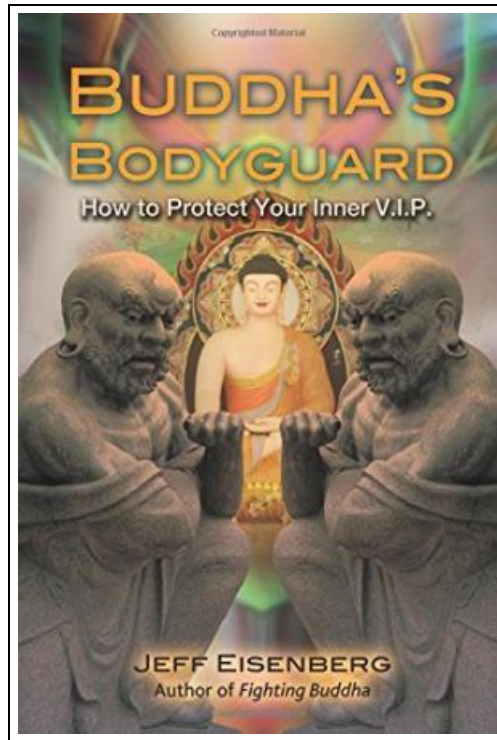


## Buddha s Bodyguard: How to Protect Your Inner V.I.P. (Paperback)



Filesize: 2.11 MB

### **Reviews**

*A fresh e book with a brand new point of view. It is definitely simplistic but surprises in the fifty percent of your ebook. Its been designed in an extremely basic way and is particularly just soon after i finished reading this ebook where in fact altered me, change the way i really believe.*

*(Dr. Alberta Schmidt V)*

**BUDDHA S BODYGUARD: HOW TO PROTECT YOUR INNER V.I.P. (PAPERBACK)**

Kaminn Media Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. An innovative guide to applying the strategies of a bodyguard to create a Buddhist security plan for protecting ourselves from suffering - Presents the unique concept of the bodyguard and its protection tactics as a metaphor for explaining and implementing Buddhist teachings - Recasts the Four Noble Truths as the Four Noble Tactical Truths, the Eightfold Path as the Eight Tactics Plan, and the notion of Interbeing in the Buddhist world as the Tactics of Interdepending - Offers a new, modern understanding for the new generation of Buddhist practitioners intrigued by a more Western take on Buddhism Drawing from his extensive experience as a professional protection agent, Jeff Eisenberg uses the tactics and strategies that a bodyguard employs in protecting a client from a threat as a blueprint for creating a Buddhist security plan. This plan provides the practical tools to protect one s self from the threat of suffering in our world. Using the metaphor of being the Buddha s bodyguard to understand the Buddhist teachings, the book details how to protect our inner Buddha nature and secure our mental and emotional wellbeing. We all have the chance to train ourselves to be more proactive in our own safety and avoid becoming a victim. And if we are victimized, this training will prepare us to take appropriate actions that will aid in our ability to survive with much less injury and trauma. As the author affirms: It is vital to realize that a physical altercation is the last thing that happens in a chain of events. And while we must never blame the victim, our safety is our responsibility. Many situations can be avoided, or their severity greatly lessened, if we pay attention during...



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