



It's Easier Than You Think: The Buddhist Way to Happiness

By Sylvia Boorstein



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Using delightful and deceptively powerful stories from everyday experiences, beloved Buddhist teacher Sylvia Boorstein demystifies spirituality, charts the path to happiness through the Buddha's basic teachings, shows how to eliminate hindrances to clear seeing, and develops a realistic course toward wisdom and compassion. A wonderfully engaging guide, full of humor, memorable insights, and love.



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It's Easier Than You Think: The Buddhist Way to Happiness By Sylvia Boorstein Bibliography

- Sales Rank: #286421 in eBooks
- Published on: 2011-08-23
- Released on: 2011-08-23
- Format: Kindle eBook

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Editorial Review

From Library Journal

American Buddhist teacher Boorstein has crafted a series of accessible lessons about engaging in the Buddhist way of life. With graceful humor, Boorstein teaches the insights of the Four Noble Truths and the Eightfold Path of Buddhism by drawing on examples from her own pilgrimage toward the mindfulness wrought by Buddhist practice. A fine introduction to Buddhism cast in the language of everyday experience. Highly recommended.

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Review

"A choice book. . . . [An] obviously loving heart . . . shapes these translations of Buddhist tenets and practices." -- *Publishers Weekly*

"Endearingly personal wisdom in doses that slide right into the heart." -- *Jon Zabat-Zinn, author of Wherever You Go, There You Are*

"This book is filled with delightfully wise and simple teachings." -- *Jack Kornfield, author of A Path with Heart*

About the Author

Sylvia Boorstein, teaches mindfulness and leads retreats across the United States. She is a co-founding teacher at Spirit Rock Meditation Center in Woodacre, California, and a senior teacher at the Insight Meditation Center in Barre, Massachusetts. Boorstein is also a practicing psychotherapist. Her previous books are *It's Easier Than You Think: The Buddhist Way to Happiness* and *Don't Just Do Something, Sit There*. She lives with her husband, Seymour Boorstein, a psychiatrist. They have two sons, two daughters, and five grandchildren.

Users Review

From reader reviews:

James Bardsley:

Now a day people that Living in the era where everything reachable by talk with the internet and the resources inside it can be true or not demand people to be aware of each information they get. How many people to be smart in having any information nowadays? Of course the answer then is reading a book. Examining a book can help men and women out of this uncertainty Information specially this It's Easier Than You Think: The Buddhist Way to Happiness book since this book offers you rich information and knowledge. Of course the details in this book hundred per cent guarantees there is no doubt in it you know.

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