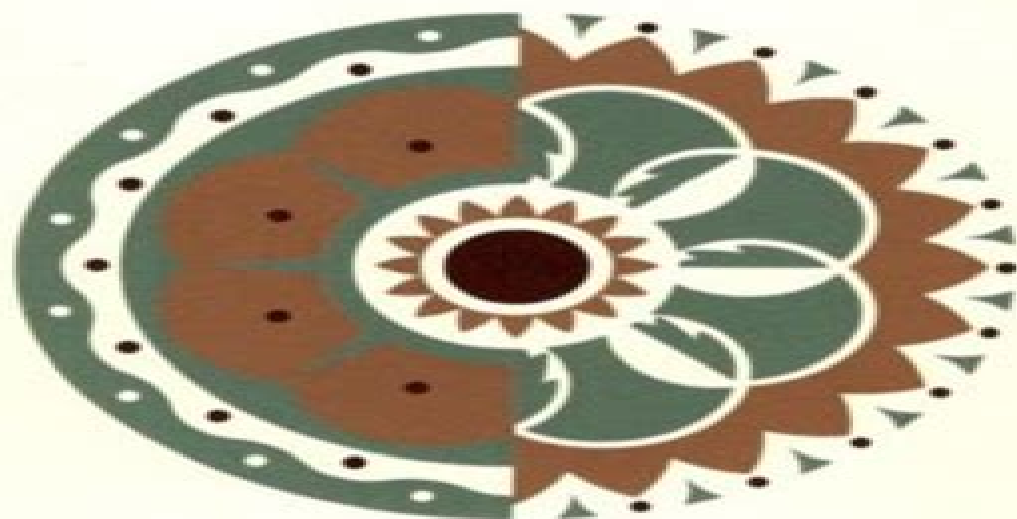


N A T I O N A L B E S T S E L L E R

It's Easier Than You Think

Sylvia Boorstein



The Buddhist Way to Happiness

"Endearingly personal wisdom in doses that slide right into the heart."

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Its Easier Than You Think The Buddhist Way To Happiness

Diana Denton, Will Ashton



Its Easier Than You Think The Buddhist Way To Happiness:

It's Easier Than You Think Sylvia Boorstein, 2024-03-19 Without a doubt the most accessible and down to earth introduction to the basic tenets of Buddhism available a delight to read San Francisco Chronicle 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 in a wonderfully engaging guide full of humor memorable insights and love An obviously loving heart shapes these translations of Buddhist tenets and practices Publishers Weekly A fine introduction to Buddhism cast in the language of everyday experience Highly recommended Library Journal Endearingly personal wisdom in doses that slide right into the heart Jon Kabat Zinn author of *Wherever You Go There You Are* Filled with delightfully wise and simple teachings Jack Kornfield author of *A Path with Heart* **It's Easier Than You Think** Sylvia Boorstein, 1995 An introduction to Buddhist teachings and spiritual practice for everyday life *The One Minute Meditator* David Nichol, Bill Birchard, 2009-04-30 On an average day in an average minute we can process over 240 billion bits of information per second Such incredibly rapid brain activity can lead to confusion fear tension stress and anxiety To stave off these pressures our minds instinctively look for one minute escapes exercise drinking and drugs smoking sex and entertainment All efficient short term distractions none is a permanent salve The *One Minute Meditator* shows readers how to harness the innate drive for quick mental escapes and use that urge to quiet our thoughts from within Proving that meditation is both physically and emotionally healthful Nichol and Birchard show readers how to meditate whenever they have a solitary minute or more on the walk from the parking lot to the office while waiting in line while on hold on the phone or while trying to fall asleep Both inspiring and instructive The *One Minute Meditator* gives readers the tools to incorporate the power of meditation into otherwise busy harried lives *My Pretty Baby* Wendy B. Correa, 2025-11-04 For fans of *Educated* and *The Glass Castle* a former music industry insider's journey of healing from childhood trauma through spiritual practices and self discovery to a place of peace with some incredible celebrity encounters along the way Wendy Correa's childhood is characterized by various traumas the death of her father emotionally distant siblings a loving but frequently neglectful mother and a violent alcoholic stepfather After escaping that turbulent life Wendy's path of self discovery takes her through Buddhism meditation plant medicine yoga Native American spirituality 12 Step programs and psychotherapy Native American sweat lodge and vision quest ceremonies further strengthen her sobriety and mental well being As her inner world begins to open up so does her outer world Wendy finds herself regularly encountering extraordinary circumstances singing on stage with rock n roll royalty at the 1982 inaugural Peace Sunday concert attending AA meetings with legendary musicians working at A M and Geffen Records and spending time with her musical hero Joni Mitchell Wendy's life takes a new turn when she moves to Aspen and becomes a radio DJ and assistant to gonzo writer Hunter S Thompson There she

meets her future husband and begins to build the family she's always longed for but despite her newfound peace she is repeatedly drawn back into her family of origin's dysfunction. It's only after her mother's death that Wendy uncovers a painful family secret that finally answers her lifelong question: What really happened to my family? **A Mindfulness-Based Stress Reduction Workbook** Bob Stahl, Elisha Goldstein, 2019-09-01

The ultimate practical guide to mindfulness based stress reduction MBSR with more than 115 000 copies sold is now available in a fully revised and updated second edition. In **A Mindfulness Based Stress Reduction Workbook** two MBSR experts present a step by step eleven week program for effective stress reduction based on the concepts in Jon Kabat Zinn's groundbreaking book **Full Catastrophe Living** **Life Messages** Carlton, Josephine, 2012-12-11

People are very very willing to offer their advice and all you need to do is ask reveals sailing entrepreneur Marti McMahon in **Life Messages: Inspiration for the Woman's Spirit**. She's absolutely right. Impassioned women from author Isabel Allende to designer Laurel Burch from Congresswoman Lynn Woolsey to artist Jo Hanson share their insights on personal topics such as overcoming fear and obstacles, maintaining self-esteem, embracing life's turning points and recognizing mentors. **Life Messages** is a book of hope, courage and inspiration for women. Culled from over thirty one on one interviews, author Josephine Carlton captures the essential qualities, attributes and motivators of successful women from all walks of life. Readers will be captivated by the uplifting personal quotes, short vignettes and anecdotes which illustrate how these women achieved success in their lives, both personal and professional. **Forty Days to Begin a**

Spiritual Life Maura D. Shaw, 2002-03-01 Practical advice for the curious seeker on how to jump start a spiritual life. Today's most inspiring teachers, meditation experts, alternative health practitioners, monks, medical doctors and spiritual and popular self-help authors provide you with insight and guidance on seeking spiritual understanding and focusing on what is most important in life. Other innovative features including self-tests, spiritual practice suggestions and time capsule exercises make this book an inviting first step on your path to a rewarding spiritual life. **Buddhism for Mothers** Sarah Naphthali, 2010-06-21

Become a calmer and happier mother with **Buddhism for Mothers**. This is an excellent practical guide to everyday Buddhism, not just for mothers but for everyone who has ever had a mother. Vicki Mackenzie, author of the bestselling **Why Buddhism**, **Parenthood** can be a time of great inner turmoil for a woman, yet parenting books invariably focus on nurturing children rather than the mothers who struggle to raise them. This book is different. It is a book for mothers. **Buddhism for Mothers** explores the potential to be with your children in the all important present moment to gain the most joy out of being with them. How can this be done calmly and with a minimum of anger, worry and negative thinking? How can mothers negotiate the changed conditions of their relationships with partners, family and even with friends? Using Buddhist practices, Sarah Naphthali offers ways of coping with the day to day challenges of motherhood. Ways that also allow space for the deeper reflections about who we are and what makes us happy. By acknowledging the sorrows as well as the joys of mothering, **Buddhism for Mothers** can help you shift your perspective so that your mind actually helps you through your day rather than dragging you

down This is Buddhism at its most accessible applied to the daily realities of ordinary parents Even if exploring Buddhism at this busy stage of your life is not where you thought you d be it s well worthwhile reading this book It can make a difference

The Jewish Lights Spirituality Handbook Stuart M. Matlins,2012-11-01 What is Jewish Spirituality How do I make it part of my life Today s foremost spiritual leaders share their ideas and experience Whether you are just curious intently searching for greater personal meaning or actively seeking ideas information practices and inspiration to enrich your spiritual life The Jewish Lights Spirituality Handbook is the ideal companion for your journey as it explores Awakening the Possibilities What Is Jewish Spirituality The Worlds of Your Life Where Is Spirituality Found The Times and Seasons of Your Life When Does Spirituality Enter Swords and Plowshares How to Forge the Tools that Will Make It Happen So What Do You Do With It Why Spirituality Should Be Part of Your Life Fifty of our foremost spiritual leaders invite you to explore every aspect of Jewish spirituality God community prayer liturgy healing meditation mysticism study Jewish traditions rituals blessings life passages special days the everyday repairing the world and more offering in one place everything you need to discover allthe directions that Jewish spirituality can go and can take you b The royalties from The Jewish Lights Spirituality Handbook are donated by the contributors and publisher to America s Jewish seminaries **Yoga Journal** ,1995-12 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty Mystics, Masters, Saints, and Sages Robert Ullman,Judyth Reichenberg-Ullman,2001-10-01 Commune with these thirty four unique stories of the moment of enlightenment from ancient and modern masters and find oneness and absolute freedom From the Buddha s experience under the Bodhi tree to Eckhart Tolle s realization of the power of now Mystics Masters Saints and Sages brings together stories and writings on moments of spiritual enlightenment by ancient and modern masters With selections from religious traditions including Christianity Islam Buddhism Hinduism Judaism Bah i and Sufism this collection provides a broad spectrum of spiritual awakenings throughout time Read and be inspired by depictions of divine grace and self realization from as close to the source as possible With a foreword by His Holiness the Dalai Lama Praise for Mystics Masters Saints and Sages Sanctity spiritual wisdom and mysticism are universal found in all traditions The Ullmans have produced an inter spiritual book exploring the fruit of this universal human development It is a work of beauty inspiration and instruction at once practical and useful for everyone s inner journey Wayne Teasdale author of The Mystic Heart This noble book is a treasury of transcendent realizations attain through a variety of spiritual paths May all who read it find the inspiration to practice fully their chosen path until its very pinnacle is reached H E Chagdud Tulku Rinpoche author of Lord of the Dance Autobiography of a Tibetan Lama **Eternal Heart** Carl McColman,2021-06-29 The heart is where the human soul and God meet This is what teachings from Scripture and the

mystics reveal the heart is the temple of God within us and within the heart we hold the key to live a truly divine life But how do we embody the tremendous love available to us deep in our hearts In *Eternal Heart* Carl McColman author of *The Big Book of Christian Mysticism* invites us to create an optimistic visionary and imaginative path to personal happiness and fulfillment Weaving together teachings from the biblical tradition literature of the mystics and wisdom of the world's contemplative traditions McColman engages us in profound practical exercises for cultivating fuller more abundant and more satisfying lives The path of Christian Mysticism is a path of both contemplation and action By unlocking the mysteries in our hearts we discover a source of divine love deep within us a power for spiritual growth and for creating meaningful relationships and working together to change the world for the better

The Stroke Book June Biermann, Barbara Toohey, 2005-03-03 An indispensable sensitive guide for stroke sufferers and those who care for them According to the U S Centers for Disease Control an American suffers a stroke every forty five seconds More than 700 000 Americans each year find themselves struggling to recover from this affliction and many hundreds of thousands more are there to help them mend June Biermann a stroke survivor and her coauthor and caregiver Barbara Toohey authors of the bestselling *Diabetic's Total Health and Happiness Book* offer this essential source for those recovering from a stroke and those providing them with support The *Stroke Book* offers readers Clear explanations of the science of this often misunderstood condition Information on what to expect at the hospital and in rehabilitation Analyses of encouraging new developments in stroke therapy including basic and alternative therapies and traditional and cutting edge medications Advice on coping with complex rehabilitation needs including adjustments for nutrition mobility and everyday living and on understanding after stroke emotional and cognitive changes Suggestions for preventing future strokes Information on how people recovering from a stroke can reclaim their independence and quality of life and how caregivers can manage their own stresses and sorrows Heartening words on keeping hope alive with patience and fortitude and the curative power of humor Inspiring stories of the stroke and recovery experiences of well known individuals With stroke now the leading cause of serious long term disability in the United States Biermann and Toohey's optimistic user friendly guide to living well after an attack is a vital tool for recovery

Blessed Relief Gordan Peerman, 2012-03-20 A thoughtful down to earth look at helpful ways to lessen human suffering This book takes you on a lively sometimes light hearted journey through nine Buddhist practices that can bring blessed relief to a wide range of human suffering and teaches you skills to reduce suffering in the long term for yourself and others The practices help you Loosen the grip of suffering Engage and question limiting views thoughts and opinions Deconstruct ten common assumptions Be present in each moment Survive emotional storms Develop peaceful communication skills Deepen communication with your partner Appreciate mortality and the preciousness of life Cultivate compassion As you read the chapters and engage in each practice you will work with your own stories of suffering stories in which you have felt abandoned deprived subjugated defective excluded or vulnerable and you will learn how to release yourself from suffering by

investigating it with curiosity and kindness

Spirituality, Action, & Pedagogy Diana Denton, Will Ashton, 2004

Spirituality Action Pedagogy Teaching from the Heart invites the reader to participate in a personal exploration of what it means to consciously seek the heart of education. The authors in this collection, practitioners in higher education and teaching in such diverse areas as educational foundations, communication, theater, sociology, reading and literacy, and performance studies, respond to this challenge by striking the most personal chords of their lived experience. As they relate their tales of spirituality and teaching, the reader will be coaxed into confronting the question of what it means to teach. **Spirituality Action Pedagogy** addresses the integration of spirituality into pedagogical practice by providing cutting edge examples of applications in classroom settings.

Onward Elena Aguilar, 2018-05-08 A practical framework to avoid burnout and keep great teachers teaching. **Onward** tackles the problem of educator stress and provides a practical framework for taking the burnout out of teaching. Stress is part of the job, but when 70 percent of teachers quit within their first five years because the stress is making them physically and mentally ill, things have gone too far. Unsurprisingly, these effects are highest in difficult-to-fill positions such as math, science, and foreign languages and in urban areas and secondary classrooms, places where we need our teachers to be especially motivated and engaged. This book offers a path to resiliency to help teachers weather the storms and bounce back and work toward banishing the rain for good. This actionable framework gives you concrete steps toward rediscovering yourself, your energy, and your passion for teaching. You'll learn how a simple shift in mindset can affect your outlook and how taking care of yourself physically, mentally, and emotionally is one of the most important things you can do. The companion workbook helps you put the framework into action, streamlining your way toward renewal and strength. Cultivate resilience with a four-part framework based on 12 key habits. Uncover your true self, understand emotions, and use your energy where it counts. Adopt a mindful story-telling approach to communication and community building. Keep learning, playing, and creating to create an environment of collective celebration. By cultivating resilience in schools, we help ensure that we are working in teaching and leading organizations where every child thrives and where the potential of every child is recognized and nurtured. **Onward** provides a step-by-step plan for reigniting that spark.

Before You Cast A Spell Carl McColman, 2025-09-12 This modern guide promises a careful approach to changing life through magic. Publishers Weekly: A user-friendly introduction to the spirituality of magic. **Before You Cast a Spell** is for those newly interested in magic as well as the veteran Witch. This book helps you discover the power and beauty of magic through eternal values such as love, compassion, hope, trust, and practicality. In other words, this is not a book full of spells or lists of magical ingredients. Rather, it reveals the principles of magical energy and power, helping the reader to understand what makes magic work and why. After mastering the spiritual principles in this book, the reader will be empowered not only to work effective spells but to also find happiness and joy with or without a spell. **Before You Cast a Spell** features: Understanding magic, what it is, where it comes from, and what it can and cannot do. Why some spells work and why others don't. The single most important quality of all

magic How the chakras are a roadmap to understanding magic Why ethics are so important to magic How to find magical happiness even without casting spells If the Buddha Had Kids Charlotte Kasl, 2012-08-28 Zen and the art of raising children to make peace in the world In this wise and insightful volume Charlotte Kasl applies her signature blend of spiritual guidelines exercises and practical advice to a stage of life that leaves many of us searching for answers If the Buddha Had Kids draws from Buddhist Quaker and other spiritual traditions to help parents raise children who value cooperation compassion and understanding emphasizing that finding peace within a family is the first step toward creating a peaceful world Beginning with creating a healthy bond with your child and moving through all stages of life encouraging empathy respect fascination and curiosity Kasl explores the spiritual journey of parenting She also draws on her decades of experience as a healer and practicing psychotherapist to tackle very practical concerns such as the roles of electronics money sexuality and education and what it means to find one's voice This lively book promises to bring inspiration humor and wisdom to the joys and struggles of raising children in our contemporary world and will serve as an enlightening companion for all moms and dads **Do You See What I See?** Russell Targ, 2025-09-12 Now in paperback the droll memoir by a world class physicist that includes recollections of his involvement with pioneering laser research encounters with many of the most recognizable literary cultural and entertainment figures of the 20th century and his role in teaching ESP techniques to the CIA a real life X Files saga Russell Targ is a Zelig like character His story is an idiosyncratic journey through the highways and byways of American intellectual scientific and cultural life in 20th century His father the long time editor in chief at Putnam acquired The Godfather on the basis of an outline scribbled on the back of a napkin His mother was the first press agent of the fan dancer Sally Rand His step mother is the legendary literary agent Rosalind Targ He was married for thirty years to the sister of the infamous chess master Bobby Fischer He briefly dated Henny Youngman's cousin He attended college with Alan Alda's wife Arlene He was part of Ayn Rand's study group in the 1950s along with economist Alan Greenspan He was a pioneer in laser research He spent many years developing air borne laser wind sensors for Lockheed and NASA He co founded the Stanford Research Institute remote viewing program which was funded by the CIA and was instrumental in tracking Soviet and Chinese weapon installations during the Cold War And he is a legally blind motorcyclist who happens to be a Buddhist This is a fascinating memoir by a first class intellect the story of a physicist who has pushed the boundaries of science to explore the realms of parapsychology spirituality and the unexplained The Beginner's Guide to Insight Meditation Arinna Weisman, Jean Smith, 2010-05-10 Arinna Weisman and Jean Smith combine clear explanations of the Buddha's teachings on freedom and happiness with their personal stories highlighting some of the challenges and insights of practice The Beginner's Guide to Insight Meditation offers advice about going on retreat and help in choosing a teacher and a community to practice with This is an enormously practical book that covers every aspect of the teachings a beginner needs to get started

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