



A Beginner s Guide to Buddhism: Your Path to a Meaningful Life

By Duangta Wanthong Mondhi

Russ Crowley, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Drawing on her own experiences, as well as those of her father - an ordained Buddhist monk for well over a decade - Duangta Mondhi writes about how Buddhism shows how the key to a meaningful life is to live with the right thought, the right speech, and the right action; and how the right steps will lead you to the true happiness. Happiness is here - today, now. If you know where to find it. This is where A Beginner s Guide to Buddhism can, and will, help you. Many people set off on the wrong route, always looking for the next opportunity, the next thing that will provide the happiness and that much needed answer. But if you keep searching like that, you will never experience the happiness you desire. Why? Because true happiness and fulfilment lies within us .within each and every person. And, you don t need to go looking for what s already there. You just need to realise this. Again, this is where A Beginner s Guide to Buddhism can, and...



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