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A Lay Buddhist s Take on Life and the Modern World: A Guide to Inner Peace and Contentment (Paperback)

By Ann O bodhi

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is not an instruction manual or teaching on Buddhism; as there are already countless books out there in the public domain, written by Buddhist scholars, on this subject. Instead, this book is my humble attempt to shine a light on the urgent matter of life, death and topical global affairs in today s modern world through the lens of a lay-Buddhist practitioner for the benefit of anyone who chooses to listen. Hence, I try to show in this book how one can mindfully lead a more contented life in harmony with the outside world based on an inner state of peace and tranquillity; and to demonstrate the consequences of not doing so by highlighting the reality of the grim state of world affairs we all find ourselves in today. Thus, the end result is a three-part book. In Part one, my aim is to elevate the mind by showing the reader an alternative angle from the norm to view the world; in Part two, I provide a personal insight into the important issues of life and death; whilst in Part three,...



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