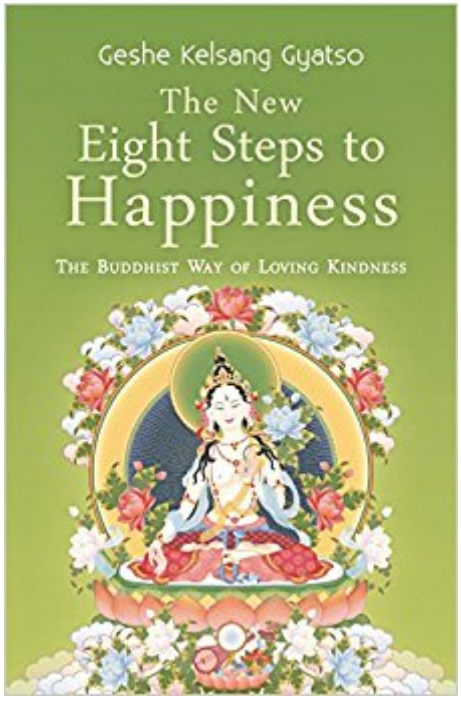
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The New Eight Steps To Happiness: The Buddhist Way Of Loving Kindness



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This inspiring book explains how to meditate on eight beautiful verses that comprise one of Buddhism's best-loved teachings, Eight Verses of Training the Mind. Composed by the great Tibetan Bodhisattva Geshe Langri Tangpa, this short poem shows how we can transform all life's difficulties into valuable spiritual insights. Geshe Kelsang Gyatso now shares this ancient wisdom with all those seeking meaning and lasting happiness in their modern lives.

Book Information

Paperback: 384 pages

Publisher: Tharpa Publications; 3 edition (April 4, 2017)

Language: English

ISBN-10: 1616060492

ISBN-13: 978-1616060497

Product Dimensions: 5.1 x 1 x 7.8 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

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The mind that cherishes others is the supreme good heart. Keeping such a good heart will result only in happiness for ourself and all those around us." Venerable Geshe Kelsang Gyatso Rinpoche

This inspiring book explains how to meditate on eight beautiful verses that comprise one of Buddhism's best-loved teachings, Eight Verses of Training the MInd, which has inspired generations of Buddhist practitioners for almost a thousand years. Composed by the great Tibetan Bodhisattva, Langri Tangpa, this short poem shows how we can transform all life's difficulties into valuable spiritual insights. Venerable Geshe Kelsang Gyatso Rinpoche reveals practical ways in which we can use this timeless wisdom to find meaning and lasting happiness in our busy modern lives.

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