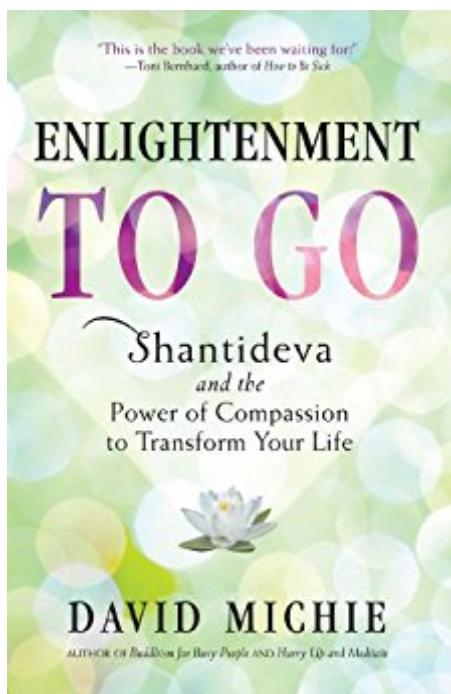


The book was found

Enlightenment To Go: Shantideva And The Power Of Compassion To Transform Your Life



Synopsis

Essential reading for those seeking life-changing psychological tools and transcendent wisdom, Enlightenment to Go provides a lively and accessible introduction to the 'best of' Shantideva. With warmth, humor, and stories of his own experiences, author David Michie shows how modern psychological science confirms Shantideva's insights, and he explores powerful antidotes to contemporary problems, including stress, anxiety, and depression. Whether you are a newcomer to Buddhism or a seasoned practitioner, Enlightenment to Go offers a glimpse of a radiantly different reality right here in your busy life.

Book Information

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Customer Reviews

He is such a good write. If you haven't done so yet, definitely read his books about the Dalai Lama and the cats.

A very easy read and understand treaty on what can be difficult material to get your head around.

David Michie has done it again.

David Michie is truly brilliant at conveying complex concepts in a simple way that even beginners can understand. A must read for anyone who wants to further their understanding of mindfulness while balancing a busy life.

Excellent book - many good ideas

Like the rest of David Michie's writing, I found this book easy to read, practical, and just ideas on how to live a happier, more fulfilling life.

Now we are talking a SWEET READ. So much of this book sings to my heart. You will just love it.

In this companion to Buddhism for Busy People, David expands on his explanations and applications of Buddhist principles to every day western lives. There is so much here that you will want to read it again and again and then you will start giving it to family and friends....The audio version is a favorite of mine, because David reads it himself and you get to hear his emphasis and passion for each part of the enlightenment process. Make no mistake, again this is NOT religion nor is it meant to take the place of your faith. There are some who may want to become Buddhists, which is a different animal entirely than using Buddhist principles to guide your life and find a better way to live it. If you are so inclined to become a Buddhist, then this may answer some questions you may have regarding the philosophy of Buddhism. If you are completed with your own faith, but are aching for "more" and have found church unfulfilling for a variety of reasons, then this might be another way to find your way back to God/your faith. The underlying message here is (and one that Buddha often recited "don't believe me, find out for yourself if this is true"). The principles contained in this book are so clear and so obvious, that it would seem only those utterly consumed by their ego's will find a reason not to want to know and/or apply more to their own daily lives. Get this book.

Shantideva's Bodhicaryavatara (The Way of the Bodhisattva) is the guide that the Dalai Lama claims to have the greatest influence on his life. But it is not easy to understand. David Michie has done a great job introducing it to us in simple terms, in ways easy to understand. David tells us that he is giving us a tour of the best of Shantideva (you can tell that he's taking us through his favorites !) Through David's words, what Shantideva wrote makes so much sense that we feel he is

speaking to us directly down the ages. Beautifully done !!! Thanks David !

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