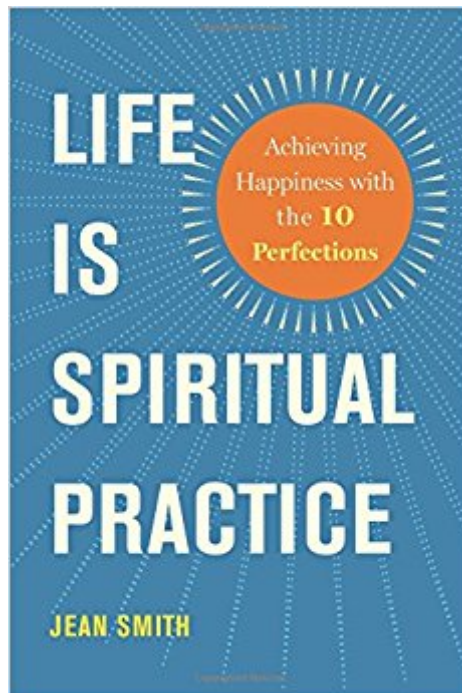




The book was found

Life Is Spiritual Practice: Achieving Happiness With The Ten Perfections



Synopsis

With this guide, find, and keep, true happiness by discovering and practicing Buddhism's ten virtues. Discover the ten perfections--qualities of the heart and mind that cultivate happiness, wisdom, and compassion--and learn how to bring them into your life with this in-depth practice manual. *Life Is Spiritual Practice* carefully lays out the perfections, or paramis: the Buddha's foundational teaching for true happiness. Generosity â€¢ Ethical Integrity â€¢ Renunciation â€¢ Wisdom â€¢ Wise Effort â€¢ Patience â€¢ Truthfulness â€¢ Resolve â€¢ Loving-Kindness â€¢ Equanimity Drawing on her more than twenty years of teaching experience, Jean Smith teases out the subtleties of the perfections and offers helpful exercises, real-life examples, and instructions for an independent self-retreat for their practical application. With this book in hand, embody the ten perfections and achieve lasting happiness, regardless of your spiritual tradition.

Book Information

Paperback: 224 pages

Publisher: Wisdom Publications (February 17, 2015)

Language: English

ISBN-10: 1614291578

ISBN-13: 978-1614291572

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #196,099 in Books (See Top 100 in Books) #67 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada #1696 inÂ Books > Health, Fitness & Dieting > Mental Health > Happiness #18260 inÂ Books > Self-Help

Customer Reviews

Jean Smith is the author/editor of numerous successful books on Buddhism, including *365 Zen*, *A Beginner's Guide to Insight Meditation*, *Breath Sweeps Mind*, and *12 Steps on the Buddha's Path*. A longtime associate of the Insight Meditation Society, she is the head of the executive board of the Mountain Retreat Center, in Taos, New Mexico, where she lives.

We are using this book as the focus/theme for our Mindfulness Meditation class. It is very well written and easy to understand because Jean uses experiences and stories that pertain to our Western culture. I would like to thank her for sharing her wisdom for the benefit of other living

beings.

This author is very good at explaining meditation practice and Buddha in layman's terms. It is a book you can go back to and read over for reference as well.

Great book to get you started on your Buddhist path

Good teaching...highly advise

[Download to continue reading...](#)

Life Is Spiritual Practice: Achieving Happiness with the Ten Perfections Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change The Six Perfections: Buddhism and the Cultivation of Character The Three Perfections: Chinese Painting, Poetry, and Calligraphy BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace) Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline: An Invitation to a Life of Spiritual Disciplines (Pocket Classics) The Sacred Art of Listening: Forty Reflections for Cultivating a Spiritual Practice (The Art of Spiritual Living) Recovery • The Sacred Art: The Twelve Steps as Spiritual Practice (The Art of Spiritual Living) Finding True Happiness: Satisfying Our Restless Hearts (Happiness, Suffering, and Transcendence-Book 1) How God Makes Men: Ten Epic Stories. Ten Proven Principles. One Huge Promise for Your Life. Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) The Life You Imagine: Life Lessons for Achieving Your Dreams Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being Llewellyn's Complete Book of Chakras: Your Definitive Source of Energy Center Knowledge for Health, Happiness, and Spiritual Evolution (Llewellyn's Complete Book Series) Ten Hot Tales of First Lesbian Sex: Lesbian Exploration in Sexy Situations. Ten Explicit Lesbian Erotica Stories Ten Years Younger: The

Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock

Contact Us

DMCA

Privacy

FAQ & Help