



The 1325 Buddhist Ways to Be Happy

Barbara Ann Kipfer

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HAPPY ENDINGS ARE NOT RELIABLE. HAPPY NOWS ARE.

The attainment of happiness has always been at the heart of Buddha's teachings. The Buddha himself was known as "The Happy One."

1325 Buddhist Ways to Be Happy draws on the rich heritage of Buddhism for quick ideas, thoughts and teachings that will guide you to a deeper, more fulfilling happiness in your daily life. You don't need to be a Buddhist to understand and benefit from the wisdom in this book. Open to any page and discover a new path to happiness.

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