

B U D D H A ' S L I T T L E I N S T R U C T I O N B O O K

Just as the serene beauty of the lotus blossom grows out of muddy water, Buddha's simple instructions have helped people to find wholeness and peace amid life's crises and distractions for more than 2,500 years. For this small handbook, a well-known American Buddhist teacher and psychologist has distilled and adapted an ancient teaching for the needs of contemporary life. Its practical reminders and six meditations can infuse the smallest everyday action with insight and joy.

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Buddhas Little Instruction

Rachel Sandford



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