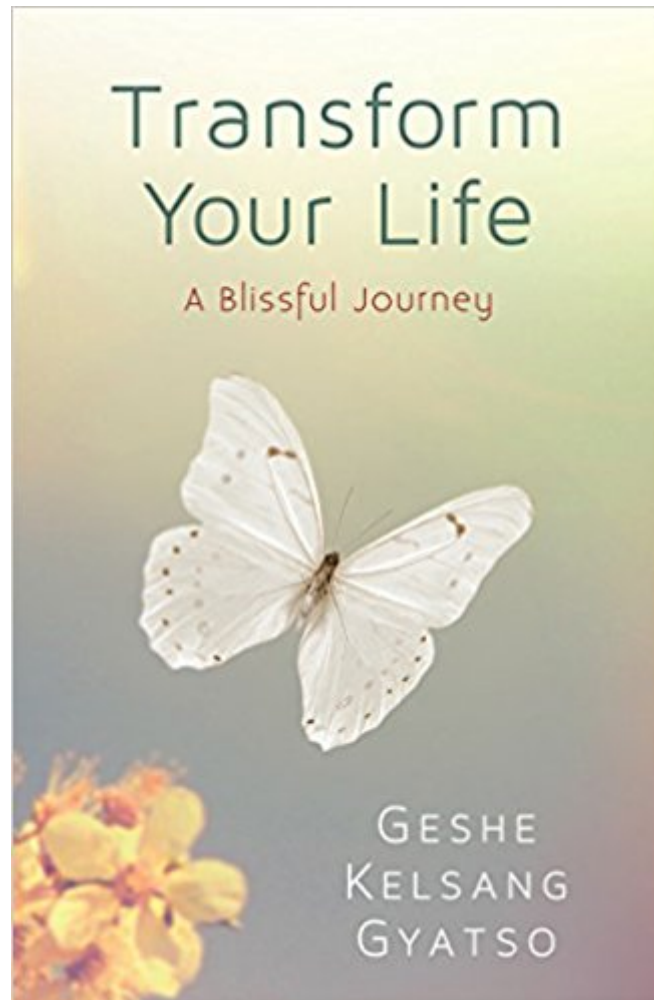




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Transform Your Life: A Blissful Journey



Synopsis

Through applying these instructions we can transform our life in a positive way. Buddhist principles are explained such as how to attain inner peace, what is the mind, what happens at the time of our death and karma. Readers can learn simple methods to transform their minds and lives through an exploration of the real meaning of their human life, how to find the source of happiness, and the actual methods to solve our daily problems.

Book Information

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Customer Reviews

We all enjoy limitless possibility for happiness and fulfilment; this book can help us attain it. A work of deep spiritual insight.' - The Napra Review "... a laudable and thought-provoking read ..." - MidWest Book Review --This text refers to an out of print or unavailable edition of this title.

"When things go wrong in our life and we encounter difficult situations, we tend to regard the situation itself as our problem, but in reality whatever problems we experience come from the side of the mind. If we were to respond to difficult situations with a positive or peaceful mind they would not be problems for us; indeed, we may even come to regard them as challenges or opportunities for growth and development. Problems arise only if we respond to difficulties with a negative state of mind. Therefore, if we want to transform our life and be free from problems, we must transform our mind."

Best book ever

As advertised

Excellent Book.

Still reading it and taking breaks to ponder certain points. It's giving me a different outlook on things.
I love it

beautiful, soulful, original

This was one of the first books on Buddhism and meditation I ever read and it truly did transform my life. So practical and clear and literally anyone can benefit from the insights in this book. So grateful that this exists!

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