



More Daily Wisdom: 365 Buddhist Inspirations

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Like its successful predecessor, *Daily Wisdom*, *More Daily Wisdom* draws on the richness of Buddhist writings to offer a spiritual cornucopia that will illuminate and inspire day after day, year after year. Sources span a spectrum from ancient sages to modern teachers, from monks to laypeople, from East to West, from poetry to prose. Each page, and each new day, reveals another gem of Daily Wisdom.

Entries included are from some of Buddhism's best-known figures: the Dalai Lama, Sylvia Boorstein, Bhante Gunaratana (*Mindfulness in Plain English*), Lama Zopa Rinpoche (*Transforming Problems into Happiness*), Lama Yeshe (*Introduction to Tantra*), Ayya Khema (*Being Nobody, Going Nowhere*) and of course, the Buddha himself.

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Playing with family in a park, coming to see the coastal world or hanging out with pals is thing that usually you will have done when you have spare time, in that case why you don't try point that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love More Daily Wisdom: 365 Buddhist Inspirations, you can enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout guys. What? Still don't understand it, oh come on its referred to as reading friends.

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