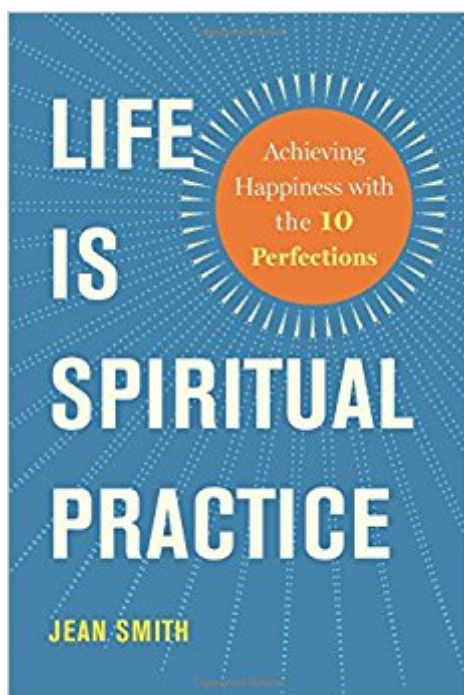


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# Life Is Spiritual Practice: Achieving Happiness With The Ten Perfections



## 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 Ethical Integrity Renunciation Wisdom Wise Effort Patience Truthfulness Resolve Loving-Kindness 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

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## 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

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