

**BUDDHISM FOR BUSY PEOPLE: FINDING HAPPINESS  
IN AN UNCERTAIN WORLD**

Ruth Orantes

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He describes Buddhism with its Four Noble Truths as 'the ultimate self-development program. The review must be at least 50 characters long. He explains how he came to understand the difference between the temporary pleasures of ordinary life, and the profound sense of well-being and heart-felt serenity that comes from connecting with our inner nature. SettingsTipsontechnique3:TheHypnotist'sLoveStory. Customers who bought this item also bought. If everyone did read it and apply it to their lives, we'd instantly have a better world. Withboththisandtheconceptofkarma,BuddhismforBusyPeopleventuresint I'm giving up. Supporting our Closest Companions through Life and Death.