



Life Is Spiritual Practice: Achieving Happiness with the Ten Perfections

Jean Smith

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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.

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Wayne Gaddis:

A lot of people always spent all their free time to vacation or even go to the outside with them household or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that is look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent the entire day to reading a guide. The book Life Is Spiritual Practice: Achieving Happiness with the Ten Perfections it doesn't matter what good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. In case you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore very easily to read this book out of your smart phone. The price is not to cover but this book features high quality.

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