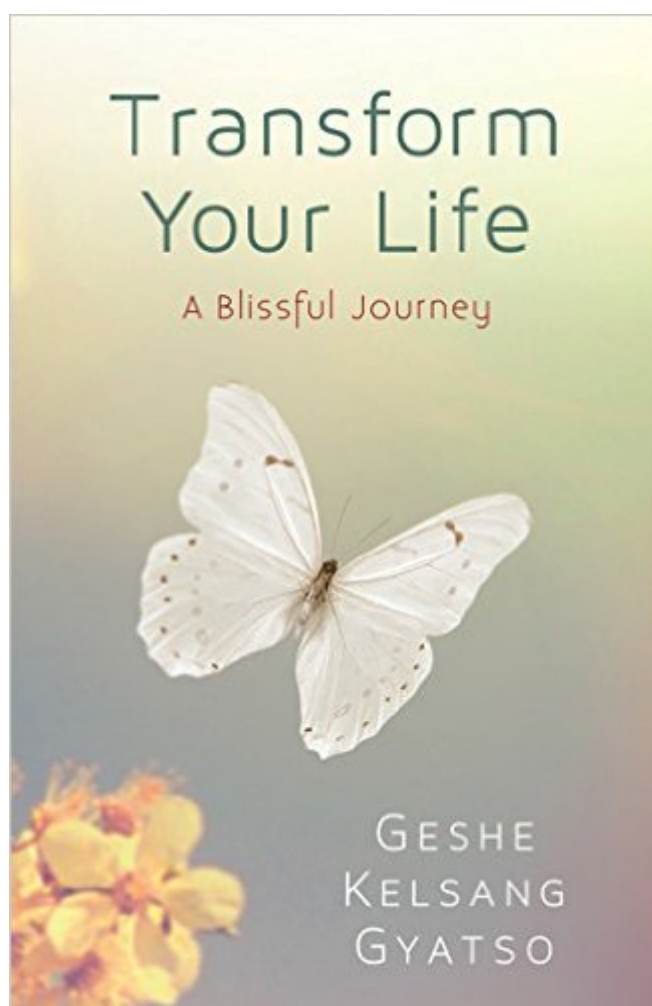


The book was found

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

Paperback: 400 pages

Publisher: Tharpa Publications; 2 edition (October 25, 2015)

Language: English

ISBN-10: 1616060379

ISBN-13: 978-1616060374

Product Dimensions: 5.1 x 0.9 x 7.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

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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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