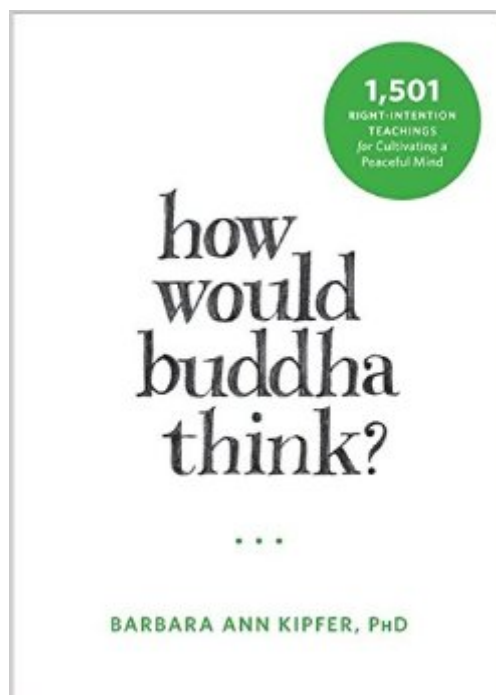


The book was found

How Would Buddha Think?: 1,501 Right-Intention Teachings For Cultivating A Peaceful Mind (The New Harbinger Following Buddha Series)



Synopsis

“All that we are is the result of what we have thought.” The Buddha Every word and every action begins with a thought. Negative thoughts based in jealousy, greed, or hatred may seem harmless on the surface. After all, they’re only thoughts, right? But while thoughts are only in our head, they often betray our intentions, and can directly shape our actions. So, how can you overcome internal negativity and live more consciously? In *How Would Buddha Think?*, best-selling author of *14,000 Things to Be Happy About*, Barbara Ann Kipfer offers an insightful, modern take on the ancient teaching of Right Intention—an important tenet of the Buddhist Eightfold Path focused on the belief that our intentions drive our actions. With this book as your guide, you’ll learn how to move past negative thoughts or ill will toward others and instead focus on altruism, purpose, and self-actualization—qualities needed to help you live a truly happy life.

Book Information

Series: The New Harbinger Following Buddha Series

Paperback: 256 pages

Publisher: New Harbinger Publications; 1 edition (July 1, 2016)

Language: English

ISBN-10: 1626253153

ISBN-13: 978-1626253155

Product Dimensions: 5 x 0.8 x 6.9 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #296,729 in Books (See Top 100 in Books) #381 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #1306 in Books > Science & Math > Behavioral Sciences > Cognitive Psychology #6058 in Books > Self-Help > Personal Transformation

[Download to continue reading...](#)

How Would Buddha Think?: 1,501 Right-Intention Teachings for Cultivating a Peaceful Mind (The New Harbinger Following Buddha Series) 501 Critical Reading Questions (501 Series) *The Buddha’s Teachings on Social and Communal Harmony: An Anthology of Discourses from the Pali Canon* (Teachings of the Buddha) *Yoga Mind, Peaceful Mind: Simple Meditations for Overcoming Anxiety* *Cultivating Edible Fungi: International Symposium on Scientific and Technical Aspects of Cultivating Edible Fungi* (Developments in Crop Science) *In the Buddha’s Words: An Anthology of*

Discourses from the Pali Canon (Teachings of the Buddha) The Middle Length Discourses of the Buddha: A Translation of the Majjhima Nikaya (Teachings of the Buddha) The Long Discourses of the Buddha: A Translation of the Digha Nikaya (Teachings of the Buddha) Great Disciples of the Buddha: Their Lives, Their Works, Their Legacy (Teachings of the Buddha) The Numerical Discourses of the Buddha: A Complete Translation of the Anguttara Nikaya (Teachings of the Buddha) The Forerunner of All Things: Buddhaghosa on Mind, Intention, and Agency The Louisiana Purchase: Would You Close the Deal? (What Would You Do? (Enslow)) The Whole-Food Guide for Breast Cancer Survivors: A Nutritional Approach to Preventing Recurrence (The New Harbinger Whole-Body Healing Series) Open Heart, Clear Mind: An Introduction to the Buddha's Teachings ARE YOU RIGHT WITH GOD?: Discover how to be saved and right with God is not as hard as you think! (Walking With God, Walking With Jesus Book 1) Consumer Reports Life Insurance Handbook: How to Buy the Right Policy from the Right Company at the Right Price Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion Giving Thanks: Teachings and Meditations for Cultivating a Gratitude-Filled Heart (Inner Vision (Sounds True)) Overcoming Adrenal Fatigue: How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free (New Harbinger Self-Help Workbook) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook)

[Dmca](#)