

***Pay Attention For Goodness Sake Practicing The Perfections Of
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About Pay Attention, for Goodness' Sake. According to the Buddha, the path of kindness is the path of happiness. Now Sylvia Boorstein, nationally bestselling author of It's Easier Than You Think, has taken the 2500-year-old practice of developing the qualities of a compassionate heart—the core of the Buddha's own practice—and made it accessible to all.

Pay Attention, for Goodness' Sake by Sylvia Boorstein, Ph ...

Pay Attention, for Goodness' Sake Quotes Showing 1-9 of 9 "Buddha also said that the Dharma, like a bird, needs two wings to fly, and that the wing that balances Wisdom is compassion." — Sylvia Boorstein, Pay Attention, for Goodness' Sake: Practicing the Perfections of the Heart--The Buddhist Path of Kindness

Pay Attention, for Goodness' Sake Quotes by Sylvia Boorstein

For Buddhist and non-Buddhist alike, Pay Attention for Goodness' Sake is a cheerful, inspiring book that offers the possibility of a transformed life. From the Hardcover edition.

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Sylvia Boorstein is a psychologist and leading teacher of Insight Meditation. Her many best-selling books include Pay Attention, for Goodness' Sake and Happiness Is An Inside Job.

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Books — Sylvia Boorstein

Our Mindful Astoria book club pick for May 2018 is "Pay Attention, for Goodness' Sake: The Buddhist Path of Kindness" by Sylvia Boorstein The Astoria Bookshop will be offering a 10% discount for anyone

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Pay Attention, for Goodness' Sake is delightfully clear, accessible, and immediate, as wise teachings should be, and it is surely destined to be a classic." —JACK KORNFIELD From the Hardcover edition. From the Inside Flap. According to the Buddha, the path of kindness is the path of happiness.

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Pay Attention for Goodness' Sake is the first book ever to guide Western readers on the path of the Buddha's Ten Paramitas, the Perfections of the Heart. Boorstein combines traditional Buddhist teachings and parables with stories from her own life, as well as easy-to-follow meditations, to show how the practice of Mindfulness—paying ...

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Sylvia Boorstein is a psychologist and leading teacher of Insight Meditation. Her many best-selling books include Pay Attention, for Goodness' Sake and Happiness Is An Inside Job. Read Sylvia Boorstein's writing on Buddhism at Lion's Roar.

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