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Work, Sex, Money: Real Life on the Path of Mindfulness

By Chogyam Trungpa

Shambhala Publications Inc, United States, 2011. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book. Each day we deal with the challenges of ordinary life: a series of mundane experiences that could be summarized by the title of this book, Work, Sex, Money. We all hope that these aspects of our life will be a source of fulfillment and pleasure, and they often are. Yet they are also always sources of problems for which we seek practical advice and solutions. The best prescription, according to Chögyam Trungpa, is a dose of reality and also a dose of respect for ourselves and our world. His profound teachings on work, sex, and money celebrate the sacredness of life and our ability to cope with its twists and turns with dignity, humor, and even joy. He begins by breaking down the barrier between the spiritual and the mundane, showing that work, sex, and money are just as much a part of our spiritual life as they are a part of our everyday existence. He then discusses these subjects in relation to ego and self-image, karma, mindfulness, and meditation. Work includes general principles of mindfulness and awareness in how...



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