



Meaning in Life

By S. Sarvananda

Windhorse Publications. Paperback. Book Condition: new. BRAND NEW, Meaning in Life, S. Sarvananda, How can we bring more sense of significance into our lives? What meaning does life have in the face of suffering or death? Do we have a 'why' to live for? Sarvananda takes us from the challenge of finding meaning to a need to engage with the wider world, by drawing a parallel with the Buddha's own quest. Using references from the 20th Century, Sarvananda covers many of the ways in which we seek meaning, citing writers & thinkers such as Akira Kurosawa, Wordsworth and Woody Allen. In so doing he moves from individual understanding to the principles of Buddhist teaching & demonstrates in a calm, friendly way how to apply the teachings practically, before finally taking the reader to the deeper reality of clear vision. It is a concise, witty exploration of what truly matters.



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