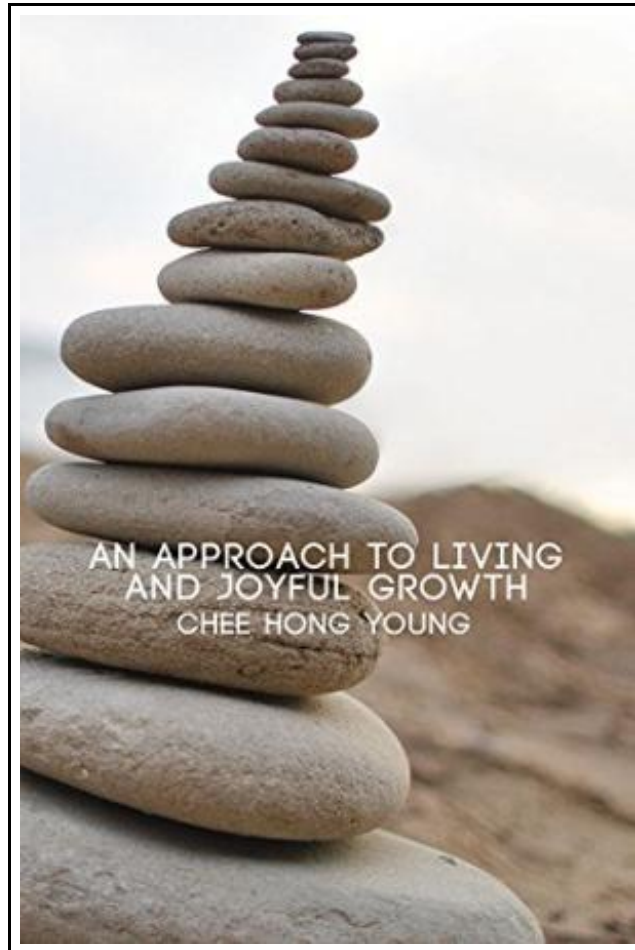


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Austin Macauley Publishers, United Kingdom, 2016. Paperback. Book Condition: New. 198 x 129 mm. Language: N/A. Brand New Book. In *An Approach to Living and Joyful Growth*, Dr. Chee Hong Young presents an introductory foundation to the Buddhist lifestyle, as well as an inspiring guide for achieving happiness in all walks of life, whether it be in the workplace, or at home. With his personal exploration of Buddhism, his extensive academics and his many years of management in the petrochemical industry, he is an excellent guide in the journey of learning about Buddhism and embracing joyful living in the present. Many individuals may struggle with the complexities of obligations in their lives, and as shown with real-life examples, it is possible to strive for happiness and calm by adopting a Buddhist way of living. While the Buddhist ideology may be a foreign and unfamiliar landscape for a variety of people, from young to old, *An Approach to Living and Joyful Growth* gently and tangibly breaks down even the most difficult terms and concepts so everyone can appreciate and understand the journey to happiness and a stress-free existence. *An Approach to Living and Joyful Growth* is both a reference and inspiration, and includes helpful samples of practices and tips for the beginner.



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