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Stepping Stones: Workbook Guide to Buddhist Practice

By Margaret Blaine

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*****.Happiness-for many of us is elusive, sometimes coming and going at will. Certainly happiness is something most of us would like to have more of in our lives. In this workbook, Margaret Blaine, author and teacher of Nichiren Buddhism, provides a very clear guide to becoming happier regardless of your circumstances. Stepping Stones will show you one step at a time how to use this modern form of Buddhism so you can take your life into your own hands. In addition to Buddhist philosophy, you ll discover the exact concepts, resources, and activities that will support you on your journey to a more fulfilling life. You will learn: The amazing benefits of chanting. How to establish a chanting practice. How to make major life changes successfully. How to shift out of negative internal states at will. How to turn negative situations into positive ones. How to overcome personal and relationship problems more easily. How to find inner peace, unshakeable happiness and a clear path to enlightenment. While this workbook stands on its own and there...



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