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Everyday Enlightenment

By Gyalwang Drukpa

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Everyday Enlightenment, Gyalwang Drukpa, Find inner peace with "Everyday Enlightenment" by His Holiness the Gyalwang Drukpa. This book is an inspirational guide to finding happiness by taking in the beauty right in front of you. Leading Himalayan Buddhist His Holiness the Gyalwang Drukpa walks with you along your path and teaches you that: there is peace in recognizing that we are all connected; positive influences are closer than you think; in order to inspire others, you need to find inspiration in your life; what we think, we become. "Everyday Enlightenment" brings ancient wisdom into the modern world. Teaching through stories and example, His Holiness the Gyalwang Drukpa shows you how to let go of your ego and stress, turn anger into compassion, and transform your fears into courage. Cameron Diaz listed "Everyday Enlightenment" as one of her top 2012 reads: 'We live in such a fast paced world it's easy not to take time to tend to your inner self, but it is necessary to take a moment and be still in mind and body, to be more conscious of the way that we are engaging with the world around us....



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