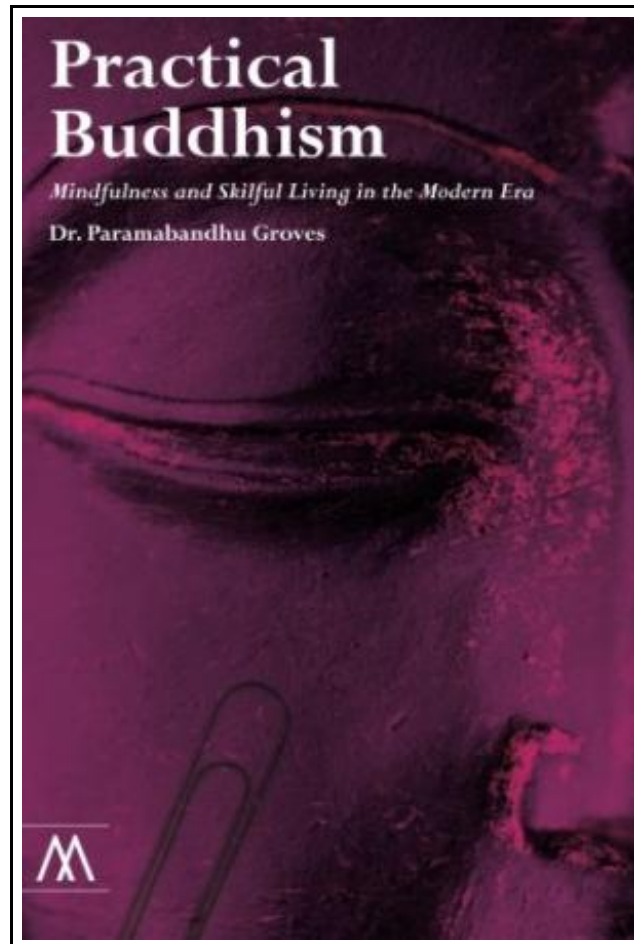


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Muswell Hill Press. Paperback. Book Condition: new. BRAND NEW, Practical Buddhism: Mindfulness and Skillful Living in the Modern Era, Paramabandhu Groves, Who was the Buddha and why did he become such a significant historical figure? What were his most important insights and teachings? What can he tell us about the universality of suffering and the potential for freedom? How can we live a life with growth and harmony and without emotional pain? What is Buddhist understanding of the greater reality? With clarity and simplicity, wisdom and humour, Paramabandhu takes us on a journey towards some answers to these questions. The Buddha's remarkable passage through his own life showed him that ascetic practice in itself did not bring enlightenment, but a careful attention to internal processes combined with a compassionate attitude to self and others could bring an extraordinary freedom from suffering. The mainstay of Buddhist practice is mindfulness of breath, body and emotions leading to a more profound awareness. The Buddha indicated a bigger picture, beyond words, based on the interconnectedness and impermanence of all things. Practical Buddhism shows us how we can use these practices to lead a moral and ethical life, receiving and giving friendship, not causing harm and achieving happiness while our consciousness becomes, brighter, clearer and more subtle. Paramabandhu weaves examples both from his own experience and other people's to demonstrate the value of Buddhist practice and techniques in managing the multiple demands and challenges of everyday life. Practical Buddhism explores: Mindfulness practice and misconceptions about meditation Working with troublesome thoughts and difficult emotions The practice of compassion and kindness Guidelines for skilful living Working through stress, relationship problems and addictive behaviour The meaning of karma and dharma Understanding freedom, impermanence and non-selfhood Buddhism and psychotherapy How Buddhist practice informs our relationship with sexuality, illness and...



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