



How Would Buddha Act?: 801 Right-Action Teachings for Living with Awareness and Intention (The New Harbinger Following Buddha Series)

Barbara Ann Kipfer

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How much better would our lives be if we fully understood the consequences of our actions, and if we stopped to think before acting or reacting? Based on the Buddhist teachings of Right Action, this inspirational guide will help you gain insight into the importance of your actions, improve your relationships, and live a more meaningful life.

In *How Would Buddha Act?*, best-selling author Barbara Ann Kipfer offers a unique, modern take on the ancient teachings of Right Action—the Buddhist concept of acting in loving, compassionate ways and responding to others with the intention of doing no harm. In the book, you'll learn that every thought, word, and deed has a consequence, and that by trying to be a better person in day-to-day life, you will be taking meaningful steps toward true enlightenment.

If you're like many others, you probably live an overbooked, stressful life. And when you feel frustrated, overwhelmed, and rushed, it's easier to engage in negative behaviors like overindulging in food or alcohol, watching too much television, maxing out your credit card, or neglecting those you love. You might find yourself on autopilot, completely unable to connect with your friends, family, and community. This book offers 801 affirmations to help you avoid these common pitfalls, and stay on the path to enlightenment.

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