

An Awakened Life - Christopher Titmuss

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In an awakened life, our hearts are open, steady and purposeful. Most people today have a greater income, as well as more goods and labour - saving devices, than any other generation in history. Yet stress, discontent, personal and social problems abound. Drawing on the deepest discoveries of the Buddhist tradition, well-known retreat master, Christopher Titmuss, suggests we spend far too much time in superficial preoccupations and not enough in looking deeply into things. He urges us to fearlessly transform the forces of desire and dissatisfaction that haunt our daily lives - and to awaken to the Immeasurable. Inspired by the 20th Century classic, Zen Mind, Beginner's mind, he gives practical advice on such subjects as: understanding our feelings, taking risks, becoming more detached and rediscovering our true selves. And he shows us how to have free, fulfilled and uninhibited lives amidst the frenzy of everyday activity. Author: Titmuss, Christopher Publisher: Ebury Digital Illustration: N Language: ENG Title: An Awakened Life Pages: 00240 (Encrypted EPUB) On Sale: 2010-10-31 SKU-13/ISBN: 9780712670883 Category: Religion : General

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