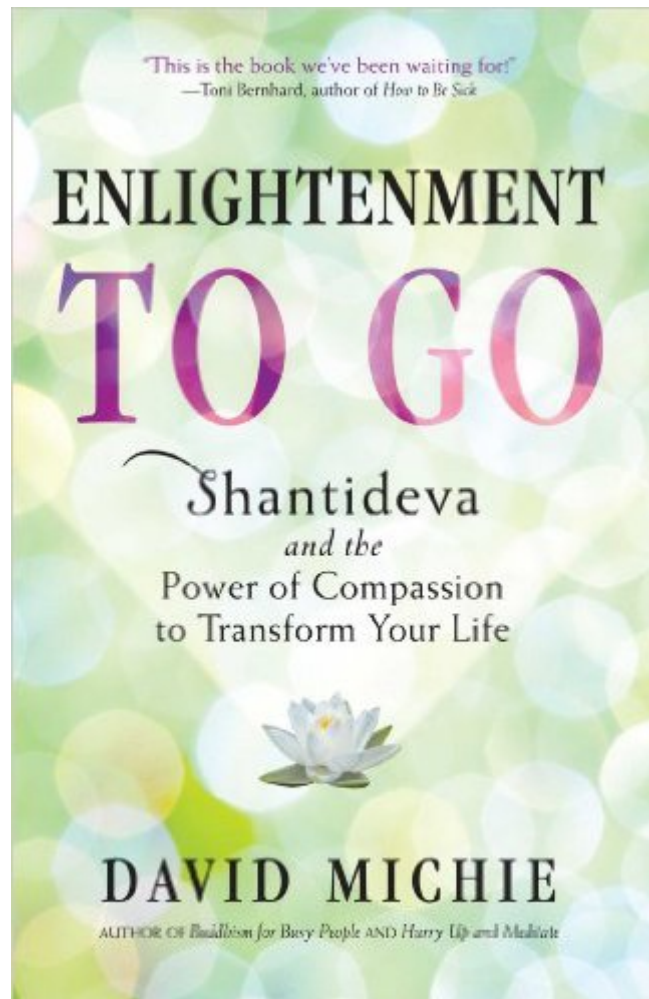


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Enlightenment To Go: Shantideva And The Power Of Compassion To Transform Your Life



Synopsis

Essential reading for those seeking life-changing psychological tools and transcendent wisdom, *Enlightenment to Go* provides a lively and accessible introduction to the 'best of' Shantideva. With warmth, humor, and stories of his own experiences, author David Michie shows how modern psychological science confirms Shantideva's insights, and he explores powerful antidotes to contemporary problems, including stress, anxiety, and depression. Whether you are a newcomer to Buddhism or a seasoned practitioner, *Enlightenment to Go* offers a glimpse of a radiantly different reality right here in your busy life.

Book Information

Paperback: 288 pages

Publisher: Wisdom Publications (January 3, 2012)

Language: English

ISBN-10: 0861717570

ISBN-13: 978-0861717576

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (10 customer reviews)

Best Sellers Rank: #1,053,555 in Books (See Top 100 in Books) #73 in Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Mahayana #390 in Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Sacred Writings #4752 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

In this companion to *Buddhism for Busy People*, David expands on his explanations and applications of Buddhist principles to every day western lives. There is so much here that you will want to read it again and again and then you will start giving it to family and friends....The audio version is a favorite of mine, because David reads it himself and you get to hear his emphasis and passion for each part of the enlightenment process. Make no mistake, again this is NOT religion nor is it meant to take the place of your faith. There are some who may want to become Buddhists, which is a different animal entirely than using Buddhist principles to guide your life and find a better way to live it. If you are so inclined to become a Buddhist, then this may answer some questions you may have regarding the philosophy of Buddhism. If you are completed with your own faith, but are aching for "more" and have found church unfulfilling for a variety of reasons, then this might be

another way to find your way back to God/your faith. The underlying message here is (and one that Buddha often recited "don't believe me, find out for yourself if this is true"). The principles contained in this book are so clear and so obvious, that it would seem only those utterly consumed by their ego's will find a reason not to want to know and/or apply more to their own daily lives. Get this book.

Mr. Michie's writing style is as if he's talking directly to you, as a friend. This book is easy to follow as he uses many examples from his own life, to explain Buddhist psychology in an easy-to-understand way. A great read for anyone wanting a little mind and heart expansion and a fun introduction to the practice. I bought his other books too!

Shantideva's Bodhicaryavatara (The Way of the Bodhisattva) is the guide that the Dalai Lama claims to have the greatest influence on his life. But it is not easy to understand. David Michie has done a great job introducing it to us in simple terms, in ways easy to understand. David tells us that he is giving us a tour of the best of Shantideva (you can tell that he's taking us through his favorites !) Through David's words, what Shantideva wrote makes so much sense that we feel he is speaking to us directly down the ages. Beautifully done !!! Thanks David !

David Michie has an easy going, fun to read style, whether it is fiction or non-fiction. I'm a big fan. In this book he makes some of the Buddhism basics, as written by Shantideva so long ago, a little easier to understand with examples from his own life. It's amazing to me how these words of wisdom are as meaningful today as I can only imagine they were in the eighth century when written. But Michie is never preachy - indeed he lets us in on his own all too human challenges. This book inspires me to be more mindful and compassionate and gives me practical ideas on how to do so-just when I need it most it seems.

David Michie is truly brilliant at conveying complex concepts in a simple way that even beginners can understand. A must read for anyone who wants to further their understanding of mindfulness while balancing a busy life.

A very easy read and understand treaty on what can be difficult material to get your head around. David Michie has done it again.

He is such a good write. If you hvent done so yet, definitely read his books about the Dalai Lama

and the cats.

Excellent book - many good ideas

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