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The Buddha in Your Mirror: Practical Buddhism and the Search for Self

Woody Hochswender, Greg Martin, Ted Morino

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The Buddha in Your Mirror: Practical Buddhism and the Search for Self Woody Hochswender, Greg Martin, Ted Morino
While the notion that “happiness can found within oneself” has recently become popular, Buddhism has taught for thousands of years that every person is a Buddha, or enlightened being, and has the potential for true and lasting happiness. Through real-life examples, the authors explain how adopting this outlook has positive effects on one’s health, relationships, and career, and gives new insights into world environmental concerns, peace issues, and other major social problems.

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