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The Everything Buddhism Book Arnie Kozak, 2010-12-18 My religion is very simple My religion is kindness Dalai Lama That s easy for the Dalai Lama to say but for the rest of us understanding this mysterious multilayered faith can be very difficult With this updated and revised edition of the classic Buddhist primer you

can delve into the profound principles of nonviolence mindfulness and self awareness From Tibetan Buddhism to Zen you ll explore the traditions of all branches of Buddhism including The life of Buddha and his continuing influence throughout the world A revealing survey of the definitive Buddhist texts What the Sutras say about education marriage sex and death Faith fueled social protest movements in Tibet Burma and elsewhere Buddhist art poetry architecture calligraphy and landscaping The proven physiological effects of meditation and other Buddhist practices The growing impact of Buddhism on modern American culture In this guide you ll discover the deceptively simple truths of this enigmatic religion Most important you learn how to apply the tenets of Buddhism to your daily life and achieve clarity and inner peace in the process

Mindfulness for the Next Generation Holly Rogers,Margaret Maytan,2019-10-07 College students and other young adults today experience high levels of stress as they pursue personal educational and career goals These struggles can have serious consequences and may increase the risk of psychological distress and mental illness among the age group now commonly referred to as emerging adults Scientific research has shown that practicing mindfulness can help manage stress and enhance quality of life but traditional methods of teaching mindfulness and meditation may not be effective for college age adults This fully updated second edition of *Mindfulness for the Next Generation* describes an evidence based approach for teaching the useful and important skill of mindfulness to emerging adults The manualized four session program outlined here Koru Mindfulness is designed to help young adults navigate challenging tasks and achieve meaningful personal growth Rogers and Maytan psychiatrists and developers of Koru Mindfulness also discuss the unique stressors emerging adults face identify effective teaching techniques for working with them and review the now robust research supporting mindfulness for stress reduction in a scientifically rigorous yet reader friendly way Among the features new to this edition are new data on the effectiveness of the curriculum an introduction to the Koru mindfulness teacher certification program and adaptations for culturally informed practice reflecting the international appeal of Koru Mindfulness as well as its growing use outside of college settings and extensively revised in session scripts *Mindfulness for the Next Generation* is written for therapists teachers health professionals and student service providers

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