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Saying Yes To Life Even The Hard Parts

Christopher Germer, Ronald D. Siegel, Paul R. Fulton

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recovery process is teaching him about humanity s ability to survive and even thrive in the face of suffering In Through the Flames Allan Lokos tells the terrifying story of being on board a plane on Christmas Day with his wife Susanna when it crashed and exploded in flames Lokos was severely burned in the accident and in the days and weeks following the crash Susanna was told by the many doctors who examined Lokos that he would not survive As founder and guiding teacher of the Community Meditation Center in New York City Lokos had spent decades cultivating compassion and non attachment Since the plane crash his Buddhist practice has been mightily tested In this inspiring account of his against all odds recovery Lokos uses his experience as a window through which to examine the challenge of human suffering in general and addresses the question of how we can thrive in the midst of pain and uncertainty Rethinking Catholic Devotions Clarke, Jim, 2022 A wide ranging discussion of popular devotionalism as practiced in the U S Catholic Church with brief history of how devotions arose and ways to rethink them for the 21st century I See You, Buddha Josh Bartok, 2020-11-17 If Dr Seuss were drawing on classical Buddhist texts for inspiration this is what he d write with playful yet traditional illustrations by the award winning artist behind The Empty Pot whose books have sold half a million copies Destined to be a classic An instant classic this book will help children and their parents learn patience and to see the good in everyone including themselves It will also help children meet difficult circumstances such as being sick doing chores and not getting everything they want and help them overcome low self esteem and negative self talk I See You Buddha is based on a chapter in the Lotus Sutra one of the most influential Buddhist texts worldwide a classical scripture that has inspired a whole genre of works especially in Japan known as Lotus Literature The Lotus Sutra teaches the way of the bodhisattva a being engaged in compassionate enlightened activity in the service of all by offering examples of what this activity might look like in the world One such model in the text is Bodhisattva Never Disrespectful or Never Disparaging who despite troubling encounters with and even harsh treatment from others bows down respectfully to everyone recognizing their Buddha nature and honoring their own journeys along the bodhisattva path to enlightenment whether they know they re future buddhas or not Live Like Drug Addicts Michael Brody-Waite, 2020-05-26 What if you learned that to lead well you d need to live like a drug addict During treatment for drug addiction Michael Brody Waite learned three principles that became the difference between life and death Practice rigorous authenticity Surrender the outcome Do uncomfortable work Leaving rehab Michael entered the workplace where he was shocked to see most business leaders doing what he had been taught would kill him He began to see striking similarities between drug addiction and what he calls mask addiction Leaders everywhere were hiding their authentic selves in order to get what they wanted They were doing things like Saying yes when they could say no Hiding their weaknesses Avoiding difficult conversations Holding back their unique perspectives Instead of chasing drugs leaders were chasing professional financial and social success from behind a mask to the detriment of themselves and the people around them Thanks to his recovery Michael s three principles gave him an unlikely competitive advantage throughout his career

resulting in a level of success unexpected for a drug addict In Great Leaders Live Like Drug Addicts Michael explains what drug addicts do to recover and provides a step by step program you can use to break free from your mask addiction to thrive in both work and life He equips you with the tools you need to live and lead mask free tools to enable you to stop following others lead yourself and become one of the dynamic growing authentic leaders this world desperately needs

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