

Little Buddha The Story Of Prince Siddhartha

From the founder of the popular online community Tiny Buddha.com comes a daily inspirational guide of simple and creative challenges to help you actively spread love to those around you. Tiny Buddha's 365 Days of Tiny Love Challenges is a simple guide to help readers pursue happy, connected lives and bring greater love into the world. Each week begins with an inspirational message written by members of the TinyBuddha.com online community, followed by seven days of short challenges that focus on self-love, giving and receiving love in relationships and friendships, and spreading love in the world, such as: Write a list of three things you appreciate about yourself and place it somewhere in your home where you'll frequently see it throughout the day Compliment someone who serves you in some way (for example, a waiter, barista, or bus driver) on how well they do their job Keep an eye out for someone who looks sad—a friend, coworker, or even stranger—and say something that might make them laugh or smile. By using the book each day throughout the year, readers will learn to develop closer bonds in relationships, let go of anger and bitterness, better understand themselves and their loved ones, and turn strangers into friends.

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Little Buddha Book Two is the continuing story of Sam and Claire (Little Buddha) as they move deeper into their spiritual lives. Along with Claire's Mom (Janine) and several new characters, including Claire's best friend, Jamie and her cat, Schrodinger, they all create and experience many events which offer them valuable lessons about life and relationships.

With simple, whimsical drawings and simple, profound truths, Buddha Doodles celebrates the amazing possibilities of the divine light within us all. These inspiring messages, little doodles, and feel-good sayings can help you get in-tune while you meditate or inspire you toward mindfulness.

Based on the latest medical and nutritional research, Natural Solutions for Digestive Health provides anyone suffering from chronic or intermittent gut disorders the relief they seek. It covers everything from low-grade irritations such as bloating, gas, constipation, and lactose intolerance to more serious conditions such as ulcerative colitis, acid reflux, gallstones, diverticulitis, and inflammatory bowel disease. A special section focuses on pediatric digestive problems, and there's expert nutritional and dietary advice plus recipes to help ensure digestive health.

Justin spends time with Jinsen, the unusual and artistic new student whom the school bullies torment and call "Buddha Boy," and ends up making choices that impact Jinsen, himself, and the entire school. Reprint.

NATIONAL BESTSELLER • National Book Award Finalist • Winner of the PEN/Faulkner Award The acclaimed author of *When the Emperor Was Divine* tells the story of a group of young women brought from Japan to San Francisco as "picture brides" a century ago in this "understated masterpiece ... that unfolds with great emotional power" (San Francisco Chronicle). In eight unforgettable sections, *The Buddha in the Attic* traces the extraordinary lives of these women, from their arduous journeys by boat, to their arrival in San Francisco and their tremulous first nights as new wives; from their experiences raising children who would later reject their culture and language, to the deracinating arrival of war. Julie Otsuka has written a spellbinding novel about identity and loyalty, and what it means to be an American in uncertain times. Don't miss Julie Otsuka's new novel, *The Swimmers*, coming in February 2022!

In ancient Japan a struggling artist is angered when his housekeeper brings home a tiny white cat he can barely afford to feed. The journey of the Little Buddha began when Claus Mikosch and his four-year-old daughter used to go walking near a Buddhist temple, and she asked him questions about the Buddha. When Claus had the idea to collect their conversations, the Little Buddha was born. It is not a book about THE Buddha or about Buddhism. It is instead the story of a pretty normal Buddha who, tired of meditating beneath his Bodhi tree, embarks upon a journey. Inspired by Claus' travels to India, *The Little Buddha: Finding Happiness* is a timeless tale of friendship, curiosity and the art of being simply happy. It carries the reader on a mindful journey in which the Little Buddha discovers different landscapes and different people, but most of all discovers himself.

If you have ever loved or cared for an animal, then Little Buddha Dog will touch your heart! Written through the voice of Countess, a little dog whose heart is full of joy, she recounts the wonderful blessings of unconditional love shared with her Mum, and their last day together. Ready to pass through the veils from earth to heaven, their final goodbye is both touching and sweet as they honor each other in this final act of surrender. This little book is really a gift from Countess to all animal lovers who have lost their beloved pet, or for anyone considering end of life care and their pets final needs as they approach their last days of life. Faced with the decision of how to love them best during their final passage from life to death and eternity is never easy. Little Buddha Dog offers a beautiful and comforting short love story of how their last day and final moments of life together were shared with grace, honor, respect and unconditional love. Sometimes love is also about letting go...even when we feel our hearts are breaking in the process. Sometimes the greatest love we can extend to our beloved pet is the final act of caring enough to say goodbye. To release them from their suffering and knowing when to say goodbye is an act of love. This is not about us. . . this is about the precious life of an animal we cared for and loved so deeply. We must find the courage within ourselves to accept this final act as a gift of love, knowing in our hearts that Grace is fully present in these final moments of surrender. As they are letting go of life, we learn how to let go of them. Their eyes and hearts tell us everything we need to know. They are ready when they are ready and we must know that, lovingly. If we are the ones bestowed with the honor of being their caretaker during their life, then we too must be worthy of such devotion at the end of their lives. To gently ease their way out of pain and suffering is our final, courageous act of love.

From the author of *Tiny Buddha's 365 Tiny Love Challenges* and founder of the popular online community Tiny Buddha comes a flexibound interactive journal to help readers creatively foster gratitude in their daily lives. Even in the hardest of times, we have things to be grateful for. Lori Deschene, founder of TinyBuddha.com, helps us recognize these small blessings with this journal dedicated to thankfulness. Each page of *Tiny Buddha's Gratitude Journal* includes a question or prompt to help readers reflect on everything that's worth appreciating in their lives. Sprinkled throughout this soulful journal are fifteen coloring pages depicting ordinary, often overlooked objects that enhance our lives, with space for written reflection on the page. With *Tiny Buddha's Gratitude Journal*, readers will be able to recognize small blessings, focus on the positive, and foster optimism to help them be their best, happiest selves every day.

Learn to Love Yourself From Stress to Happiness. Many of us know intellectually that we need to be good to ourselves if we want to be happy. But it feels so hard. We are simultaneously the harsh judge and the lost, scared child who wants to stop feeling judged. It becomes a vicious cycle. It only stops when we step outside ourselves and observe how we got ourselves stuck. Only then can we learn to practice gratitude and positive thinking. Joy and Peace. Lori Deschene, creator of TinyBuddha.com and the self-help journals *Tiny Buddha's Worry Journal* and *Tiny Buddha's Gratitude Journal*, shares 40 unique perspectives and insights to help you stop judging yourself so harshly.

Featuring stories selected from hundreds of TinyBuddha.com contributors, *Tiny Buddha's Guide to Loving Yourself* provides an honest look at what it means to overcome critical, self-judging thoughts to create a peaceful, empowered life. More than a Self-Help Book. *Tiny Buddha's Guide to Loving Yourself* is a collection of vulnerable reflections and epiphanies from people who are learning to love themselves, just like

you. In this book, you will find:

- Four authentic, vulnerable stories in each chapter
- Insightful observations about our shared struggles and how to overcome them
- Action-oriented suggestions based on the wisdom in the stories

Readers of inspirational books and spiritual books like *The Book of Joy* or other books by Lori Deschene such as *Tiny Buddha's Worry Journal* or *Tiny Buddha's Gratitude Journal* will love *Tiny Buddha's Guide to Loving Yourself*.

A gripping portrait of modern Tibet told through the lives of its people, from the bestselling author of *Nothing to Envy* "A brilliantly reported and eye-opening work of narrative nonfiction."—*The New York Times Book Review* **NAMED ONE OF THE BEST BOOKS OF THE YEAR** BY Parul Sehgal, *The New York Times* • *The New York Times Book Review* • *The Washington Post* • NPR • *The Economist* • *Outside* Just as she did with North Korea, award-winning journalist Barbara Demick explores one of the most hidden corners of the world. She tells the story of a Tibetan town perched eleven thousand feet above sea level that is one of the most difficult places in all of China for foreigners to visit. Ngaba was one of the first places where the Tibetans and the Chinese Communists encountered one another. In the 1930s, Mao Zedong's Red Army fled into the Tibetan plateau to escape their adversaries in the Chinese Civil War. By the time the soldiers reached Ngaba, they were so hungry that they looted monasteries and ate religious statues made of flour and butter—to Tibetans, it was as if they were eating the Buddha. Their experiences would make Ngaba one of the engines of Tibetan resistance for decades to come, culminating in shocking acts of self-immolation. *Eat the Buddha* spans decades of modern Tibetan and Chinese history, as told through the private lives of Demick's subjects, among them a princess whose family is wiped out during the Cultural Revolution, a young Tibetan nomad who becomes radicalized in the storied monastery of Kirti, an upwardly mobile entrepreneur who falls in love with a Chinese woman, a poet and intellectual who risks everything to voice his resistance, and a Tibetan schoolgirl forced to choose at an early age between her family and the elusive lure of Chinese money. All of them face the same dilemma: Do they resist the Chinese, or do they join them? Do they adhere to Buddhist teachings of compassion and nonviolence, or do they fight? Illuminating a culture that has long been romanticized by Westerners as deeply spiritual and peaceful, Demick reveals what it is really like to be a Tibetan in the twenty-first century, trying to preserve one's culture, faith, and language against the depredations of a seemingly unstoppable, technologically all-seeing superpower. Her depiction is nuanced, unvarnished, and at times shocking.

Leaving the palace where he had been sheltered from a prediction that destined him to be a holy man, Prince Siddhartha sees for the first time the suffering in the world, and begins the journey that transforms him into the Buddha.

Now in Paperback Why are we here? What is the meaning of life? What does it take to be happy? The answers to these and other life questions are gathered in *Tiny Buddha: Simple Wisdom for Life's Hard Questions*, a little book with a big heart. *Tiny Buddha* began as a quote-a-day tweet by Lori Deschene and has grown into one of the most popular inspirational sites on the web. Because she believes we all have something to teach and something to learn, Lori runs *Tiny Buddha* as a community blog, featuring stories and insights from readers all over the globe. *Tiny Buddha: Simple Wisdom for Life's Hard Questions* is a book of crowdsourced wisdom on the topics that influence how we live our everyday lives: pain, change, fate, happiness, possibilities, and more. Deschene explores how these issues have played out in her own life and provides tips and exercises for reflection and taking action. The result is a guide that helps readers live mindfully, in the present and connected to others. "Lori has shifted the energy of the Internet with her loving daily posts and now she is sharing more with the world through her incredible book!" - Gabrielle Bernstein, author of *The Universe Has Your Back* "How can we find happiness and peace--right now, right here? In her engaging, thought-provoking book *Tiny Buddha*, Lori Deschene explores this enormous question to help readers grapple with challenges like money, love, pain, control, and meaning, in order to find greater happiness." - Gretchen Rubin, author of *The Happiness Project*

Deepak Chopra brings the Buddha back to life in this gripping *New York Times* bestselling novel about the young prince who abandoned his inheritance to discover his true calling. This iconic journey changed the world forever, and the truths revealed continue to influence every corner of the globe today. A young man in line for the throne is trapped in his father's kingdom and yearns for the outside world. Betrayed by those closest to him, Siddhartha abandons his palace and princely title. Face-to-face with his demons, he becomes a wandering monk and embarks on a spiritual fast that carries him to the brink of death. Ultimately recognizing his inability to conquer his body and mind by sheer will, Siddhartha transcends his physical pain and achieves enlightenment. Although we recognize Buddha today as an icon of peace and serenity, his life story was a tumultuous and spellbinding affair filled with love and sex, murder and loss, struggle and surrender. From the rocky terrain of the material world to the summit of the spiritual one, Buddha captivates and inspires—ultimately leading us closer to understanding the true nature of life and ourselves.

This *Wall Street Journal* bestseller, *USA Today* bestseller and *Canadian Book Club Awards* winner is filled with true stories about how one small deed can make a world of difference. "Elegant and wise" (Deepak Chopra), "The most uplifting and life-affirming book in years." (Forbes) Brad Aronson's life changed in an instant when his wife, Mia, was diagnosed with leukemia. After her diagnosis, Brad spent most of the next two and a half years either by her side as she received treatment or trying to shield their five-year-old son, Jack, from the worst of Mia's illness. Amid the stress and despair of waiting for the treatment to work, Brad and Mia were met by an outpouring of kindness from friends, family and even complete strangers. Inspired by the many demonstrations of "humankindness" that supported their family through Mia's recovery, Brad began writing about the people who rescued his family from that dark time, often with the smallest of gestures. But he didn't stop there. Knowing that simple acts of kindness transform lives across the globe every day, he sought out these stories and shares some of the best ones here. In *HumanKind*, you'll meet the mentor who changed a child's life with a single lesson in shoe tying, the six-year-old who launched a global kindness movement, the band of seamstress grandmothers who mend clothes for homeless people, and many other heroes. Brad also provides dozens of ways you can make a difference through the simplest words and deeds. You'll discover how buying someone a meal or sharing a little encouragement at the right time can change someone's world, as well as your own. The resource section at the back of the book provides guidance and organizations that will help you channel and amplify your own acts of kindness. Here you'll discover: How you can fund a surgery to cure someone's blindness with a donation of less than \$200. Organizations through which you can provide a birthday gift for a child who otherwise wouldn't receive one. Multiple places where you can send letters of encouragement to support hospitalized kids, lonely seniors, refugees, veterans and others in need. And over fifty more ways you can change a life. *HumanKind* will leave you grateful for what you have and provide a refuge from the negativity that surrounds us. This feel-good book will touch your heart. You'll laugh, you'll cry and you'll be reminded of what really matters. All author royalties go to Big Brothers Big Sisters.

On one moonlit night, *Little Stone Buddha* comes to life and roams the mountainside performing random acts of kindness that bring about peace and security to the woodland creatures.

Building on the age-old art of storytelling, this beautiful book retells 20 ancient Buddhist tales in a way that will aid relaxation and prepare your child for sleep.

A beautifully designed, inviting interactive journal to help you destress, reduce anxiety, and find peace from the founder of the popular online community *Tiny Buddha*, and author of *Tiny Buddha's 365 Tiny Love Challenges* and *Tiny Buddha's Gratitude Journal*. Filled with prompts, quotes, questions for reflection, and coloring and doodle pages, *Tiny Buddha's Worry Journal* can help you feel calmer and cultivate a more mindful, peaceful spirit every day. In addition to prompts, the journal features three recurring sections: "Let It Go"—identify what is currently creating anxiety in your life and suggestions for working through it; "Plan Ahead"—help to navigate particular situations and devise a plan to approach them in productive ways; "Color and Draw Yourself Calm"—fifteen coloring pages and fifteen doodle pages carefully designed to

inspire you to use your own creativity to soothe worries and focus on the moment. Don't let anxiety control you. Tiny Buddha's Worry Journal lets you carve a little time for yourself every day, and gives you tools to help you improve your mood, focus on the present moment, and kindle your unique creativity.

"Enlightenment meets On the Road in this witty, insightful novel." —The Boston Sunday Globe When his sister tricks him into taking her guru on a trip to their childhood home, Otto Ringling, a confirmed skeptic, is not amused. Six days on the road with an enigmatic holy man who answers every question with a riddle is not what he'd planned. But in an effort to westernize his passenger—and amuse himself—he decides to show the monk some "American fun" along the way. From a chocolate factory in Hershey to a bowling alley in South Bend, from a Cubs game at Wrigley field to his family farm near Bismarck, Otto is given the remarkable opportunity to see his world—and more important, his life—through someone else's eyes. Gradually, skepticism yields to amazement as he realizes that his companion might just be the real thing. In Roland Merullo's masterful hands, Otto tells his story with all the wonder, bemusement, and wry humor of a man who unwittingly finds what he's missing in the most unexpected place.

When Little Buddha arrives on a cloud, things begin to magically change in Crankychank Town. In this playful and colorful fantasy, our delightful character inspires both children and adults alike, as he infuses all with joy, acceptance, love and light.

A book—rare in our arid age—that takes root in the heart and grows there for a lifetime. Here the spirituality of the East and the West have met in a novel that enfigures deep human wisdom with a rich and colorful imagination. Written in a prose of almost biblical simplicity and beauty, it is the story of a soul's long quest in search of the ultimate answer to the enigma of man's role on this earth. As a youth, the young Indian Siddhartha meets the Buddha but cannot be content with a disciple's role: he must work out his own destiny and solve his own doubt—a tortuous road that carries him through the sensuality of a love affair with the beautiful courtesan Kamala, the temptation of success and riches, the heartache of struggle with his own son, to final renunciation and self-knowledge. The name "Siddhartha" is one often given to the Buddha himself—perhaps a clue to Hesse's aims in contrasting the traditional legendary figure with his own conception, as a European (Hesse was Swiss), of a spiritual explorer.

This is the story of Prince Siddhartha and how he became Buddha, the Awakened One. Lyrical verse and beautiful full-color illustrations depict each major life event in Siddhartha's development. His message of nonviolence, loving-kindness, and unselfishness is vitally necessary for today's--and tomorrow's--children. A story made for the telling--open this tale to a child and shore up the possibility of a bright and loving future!

This e-book includes 26 bonus photos from the author! Margaret Roach worked at Martha Stewart Living Omnimedia for 15 years, serving as Editorial Director for the last 6. She first made her name in gardening, writing a classic gardening book among other things. She now has a hugely popular gardening blog, "A Way to Garden." But despite the financial and professional rewards of her job, Margaret felt unfulfilled. So she moved to her weekend house upstate in an effort to lead a more authentic life by connecting with her garden and with nature. The memoir she wrote about this journey is funny, quirky, humble--and uplifting--an Eat, Pray, Love without the travel--and allows readers to live out the fantasy of quitting the rat race and getting away from it all. Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.

"In the full bloom of spring, in a beautiful garden, in a place called Lumbini, a prince was born." So begins the extraordinary story of the life of Siddhartha Gautama, the prince who would become the enlightened Buddha, the Awakened One. This classic tale follows Prince Siddhartha's journey of truth-seeking and discovery, including his life-altering encounters with human suffering and his realization of the Four Noble Truths. Today, millions of people all over the world follow the Buddha's teachings on meditation, selflessness, and compassion. Rendered here in exquisite original watercolor illustrations, this inspiring story is brought to life for young readers curious about one of history's most monumental and influential figures.

"My name is Karim Amir, and I am an Englishman born and bred, almost..." The hero of Hanif Kureishi's debut novel is dreamy teenager Karim, desperate to escape suburban South London and experience the forbidden fruits which the 1970s seem to offer. When the unlikely opportunity of a life in the theatre announces itself, Karim starts to win the sort of attention he has been craving - albeit with some rude and raucous results. With the publication of Buddha of Suburbia, Hanif Kureishi landed into the literary landscape as a distinct new voice and a fearless taboo-breaking writer. The novel inspired a ground-breaking BBC series featuring a soundtrack by David Bowie.

The journey of the Little Buddha began when Claus Mikosch and his four-year-old daughter used to go walking near a Buddhist temple, and she asked him questions about the Buddha. When Claus had the idea to collect their conversations, the Little Buddha was born. It is not a book about THE Buddha or about Buddhism. It is instead the story of a pretty normal Buddha who, tired of meditating beneath his Bodhi tree, embarks upon a journey. Inspired by Claus' travels to India, The Little Buddha: Looking for Love is the second book in the series: a universal tale of the human need to love and be loved. It carries the reader on a mindful journey in which the Little Buddha encounters a series of people wrestling with matters of the heart, meditates on love in its many forms, and unlocks the secret of love at the heart of life.

Presents the story of how Prince Siddhartha Gautama achieved enlightenment and became Buddha.

This indispensable volume is a lucid and faithful account of the Buddha's teachings. "For years," says the Journal of the Buddhist Society, "the newcomer to Buddhism has lacked a simple and reliable introduction to the complexities of the subject. Dr. Rahula's What the Buddha Taught fills the need as only could be done by one having a firm grasp of the vast material to be sifted. It is a model of what a book should be that is addressed first of all to 'the educated and intelligent reader.' Authoritative and clear, logical and sober, this study is as comprehensive as it is masterly." This edition contains a selection of illustrative texts from the Suttas and the Dhammapada (specially translated by the author), sixteen illustrations, and a bibliography, glossary, and index. Retelling of the life of Prince Siddhartha from birth to enlightenment, written to accompany Bernardo Bertolucci's film 'Little Buddha'. Illustrated in the style of ancient Tibet with running heads in Tibetan script. Includes suggestions for further reading First published in the UK in 1994 by Barefoot Books.

A Los Angeles Times Bestseller "Raises timely and important questions about what religious freedom in America truly means." —Ruth Ozeki "A must-read for anyone interested in the implacable quest for civil liberties, social and racial justice, religious freedom, and American belonging." —George Takei On December 7, 1941, as the bombs fell on Pearl Harbor, the first person detained was the leader of the Nishi Hongwanji Buddhist sect in Hawai'i. Nearly all Japanese Americans were subject to accusations of disloyalty, but Buddhists aroused particular suspicion. From the White House to the local town council, many believed that Buddhism was incompatible with American values. Intelligence agencies targeted the Buddhist community, and Buddhist priests were deemed a threat to national security. In this pathbreaking

account, based on personal accounts and extensive research in untapped archives, Duncan Ry?ken Williams reveals how, even as they were stripped of their homes and imprisoned in camps, Japanese American Buddhists launched one of the most inspiring defenses of religious freedom in our nation's history, insisting that they could be both Buddhist and American. "A searingly instructive story...from which all Americans might learn." —Smithsonian "Williams' moving account shows how Japanese Americans transformed Buddhism into an American religion, and, through that struggle, changed the United States for the better." —Viet Thanh Nguyen, author of *The Sympathizer* "Reading this book, one cannot help but think of the current racial and religious tensions that have gripped this nation—and shudder." —Reza Aslan, author of *Zealot*

Follow Buddha on a wild journey— from mountain peaks to the ocean deep, past Saturn's rings and butterfly wings. This sweet story reveals that Buddha can be found everywhere you go.

Cartoonist and children's illustrator/author Mollycules(tm) invites you to enjoy this whimsical compilation of comics known as 'Buddha Doodles.' 'Buddha Doodles' emerged from a practice that Mollycules(tm) started in the fall of 2011 as a way to begin each day with an illustrated affirmation or quote. The comic quickly gained popularity and is now featured on the Huffington Post daily. Drawn promptly upon waking, the practice peacefully rests in the belief that there are no mistakes. Buddhist wisdom for finding freedom and insight through spiritual practice in the midst of illness and pain. "Let your illness be your spiritual teacher!" Make a statement like that to someone who's struggled for years with, say, rheumatoid arthritis, and be prepared for an eyeroll (at best). To Peter Fernando's credit, he makes that statement, and no such impulse arises. We believe him because he's been there himself and because he backs up the statements with his own real experiences and with real wisdom from the Buddhist teachings. Peter starts by defusing the pernicious belief that anyone is somehow responsible for their illness: You're not "wrong" for being sick. Then, having gotten past self-blame, one can begin to learn self-kindness. From there, one moves to mindfulness practices and cultivating body awareness--even if body awareness is distasteful when the body isn't behaving the way you like. Further topics include getting intimate with dark emotions (fear, despair, the scary future, frustration, grief, etc.), learning equanimity (rejoicing in the good fortune of those who don't share your suffering), cultivating healthy relationships in the midst of everything, and practical advice for living with pain. Each chapter comes with one or more practices or guided meditations for putting the teachings into practice.

Timeless Wisdom of the Universe A little book with a big impact. Why are we here? What is the meaning of life? Why are relationships so hard? What does it take to be happy? The answers to these and other life questions are explored in author Lori Deschene's *Tiny Buddha: Simple Wisdom for Life's Hard Questions*. We all have something to teach and something to learn. *Tiny Buddha* began as a Lori Deschene quote-a-day tweet in 2008. As popularity grew, Lori asked her Twitter followers to contribute their thoughts and perspectives on the difficult questions that influence how we live our everyday lives: thoughts about purpose, pain, happiness, fate, and more. Lori's daily wisdom posts about mindfulness, non-attachment, and happiness became so popular that she now has more than 300,000 social media followers who share quotes and stories about letting go of pain and opening up to joy. Her inspirational site has grown into one of the most popular on the web. *Tiny Buddha, Simple Wisdom for Life's Hard Questions* is a combination of the amazing responses that Lori received along with her own insightful essays, and lessons from wise teachers around the world and throughout time. In this book she shares her own experience overcoming depression, isolation, self-loathing, and a sense of meaninglessness. This inspirational book explores how issues have played out in Lori's own life and offers action-oriented recommendations to help people empower themselves in our world of uncertainty. The result is a guide that helps readers discover the endless possibilities for a life lived mindfully in the present, connected to others. If you liked Lori Deschene's other books such as, *Tiny Buddha's Guide to Loving Yourself* and *Tiny Buddha's Worry Journal*, or are a fan of Matthew Sockolov's *Practicing Mindfulness*, Gabrielle Bernstein's *The Universe Has Your Back*, or Patricia Collard's *Little Book of Mindfulness*; you'll love Lori Deschene's *Tiny Buddha: Simple Wisdom for Life's Hard Questions*.

As the category of women's spirituality continues to grow, *The Buddha's Wife* offers to a broad audience for the first time the intimate and profound story of Princess Yasodhara, the wife Buddha left behind, and her alternative journey to spiritual enlightenment. What do we know of the wife and child the Buddha abandoned when he went off to seek his enlightenment? *The Buddha's Wife* brings this rarely told story to the forefront, offering a nuanced portrait of this compelling and compassionate figure while also examining the practical applications her teachings have on our modern lives. Princess Yasodhara's journey is one full of loss, grief, and suffering. But through it, she discovered her own enlightenment within the deep bonds of community and "ordinary" relationships. While traditional Buddhism emphasizes solitary meditation, Yasodhara's experience speaks of "The Path of Right Relation," of achieving awareness not alone but together with others. *The Buddha's Wife* is comprised of two parts: the first part is a historical narrative of Yasodhara's fascinating story, and the second part is a "how-to" reader's companion filled with life lessons, practices, and reflections for the modern seeker. Her story provides a relational path, one which speaks directly to our everyday lives and offers a doorway to profound spiritual maturation, awakening, and wisdom beyond the solitary, heroic journey. Have you ever wished there was someone in your life who could answer some of your most challenging questions? Someone who shared their wisdom simply and yet in a way you could understand and benefit from? This book offers an opportunity to explore each story with a meditation, probing questions, and an enlightening project, all aimed at creating a deeper sense of spirit. Sam invites you to come along on his journey with her, his Little Buddha. Sam is standing on the beach looking out toward the ocean when he notices a small girl playing at the water's edge. He's baffled by her actions and feels driven to find out what she's doing. He approaches her and asks her to explain. Her answers are simple and yet so profound. He wonders, how could someone so young know so much? He also wonders what more she knows

because he has many questions about his life. He decides to ask her one. The answer he receives overwhelms him and he knows he's found the mentor he's always dreamed of.

In this charming and accessible picture book, Ian Lendler and Xanthe Bouma offer a heart-warming account of the childhood of the Buddha. A spoiled young prince, Siddhartha got everything he ever asked for, until he asked for what couldn't be given—happiness. Join Little Sid as he sets off on a journey of discovery and encounters mysterious wise-folk, terrifying tigers, and one very annoying mouse. With Lendler's delightful prose and Bouma's lyrical artwork, Little Sid weaves traditional Buddhist fables into a classic new tale of mindfulness, the meaning of life, and an awakening that is as profound today as it was 2,500 years ago.

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