



Tiny Buddha, Simple Wisdom for Life's Hard Questions

Lori Deschene

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Why are we here? What is the meaning of life? How can we feel happy and free? The answers to these and other life questions are gathered in *Tiny Buddha, Simple Wisdom for Life's Hard Questions*.

Tiny Buddha began as a quote-a-day Twitter account, @tinybuddha, in 2008. Lori Deschene's daily wisdom posts about mindfulness, non-attachment, and happiness became so popular that she now has more than 200,000 twitter followers who share quotes and stories about inspiration in their daily lives.

Deschene asked her Twitter followers to contribute their thoughts and perspectives on the difficult questions that influence how we live our everyday lives: thoughts about the meaning of life, pain, happiness, fate, and more.

Tiny Buddha, Simple Wisdom for Life's Hard Questions is a combination of the amazing responses that she received along with her own insightful essays, and insights from wise teachers around the world and throughout time. Deschene explores how these issues have played out in her own life and offers action-oriented suggestions to help people empower themselves, even in a world with so much uncertainty. The result is a guide that helps readers discover the endless possibilities for a life lived mindfully in the present, and connected to others.



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From reader reviews:

Frederick Rothman:

Spent a free time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or all their friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the guide untitled Tiny Buddha, Simple Wisdom for Life's Hard Questions can be good book to read. May be it can be best activity to you.

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