



Buddhism for Busy People

David Michie

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The best-selling introduction to Buddhism. Includes Bonus Meditation CD. Every once in a while you come across an extraordinary book with the power to change your life. *Buddhism For Busy People* is one such book.

What does it take to be happy? We've all asked ourselves this question at some point, but few of us have found the path to lasting fulfillment.

David Michie thought he had achieved his life's goals - the high level job, the expensive city apartment, the luxury car, great holidays...but a small voice was telling him he wasn't really happy. A chance remark from a naturopath sent him to his local Buddhist centre. There, he began the most important journey of his life.

In this simple, beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism. With wry, self-deprecating humour, he shows us how he began to incorporate Buddhist practices into his daily life. He explains how he came to understand the difference between the temporary pleasures of ordinary life, and the profound sense of well-being and heart-felt serenity that comes from connecting with our inner nature.

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