



Stepping Stones: Workbook & Guide to Buddhist Practice

Margaret A. Blaine

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Happiness, for many of us it is elusive, sometimes coming and going at will! Certainly happiness is something most of us would like to have more of in our lives. In this workbook, Margaret Blaine, author and teacher of Nichiren Buddhism, provides a very clear guide to becoming happier regardless of your circumstances.

Stepping Stones will show you one step at a time how to use this modern form of Buddhism so you can take your life into your own hands. In addition to Buddhist philosophy, you'll discover the exact concepts, resources, and activities that will support you on your journey to a more fulfilling life.

You will learn:

- The amazing benefits of chanting.
- How to establish a chanting practice.
- How to successfully make major life changes.
- How to shift out of negative internal states at will.
- How to turn negative situations into positive ones.
- How to overcome personal and relationship problems more easily.
- How to find inner peace, unshakeable happiness and a clear path to enlightenment.

While this workbook stands on its own and there is tremendous benefit to using it by itself, it was originally created to be the companion to Margaret's main book: *Your Path to Unshakeable Happiness: Practical Modern Day Buddhism*, which you are encouraged to check out here on Amazon.

Find out for yourself what 12 million practitioners around the globe will tell you: there is a path to happiness! Order a copy of this spiritual self-help book today and get started on an adventure which will transform your life.

What people are saying:

"I wish I'd had this workbook when I was starting! It's a great tool for beginners and experienced members both. I highly recommend it, both for anyone who is interested in expanding their understanding of Nichiren Buddhism and for anyone who wants to start a Buddhist practice." Bonnie S.

"Steppingstones is a perfect guide for understanding the practice of Nichiren Buddhism. Each step will take you down the path of self-discovery. You'll learn how to work together with the universe for remarkable results." Cat S.

"Practical, grounded in daily life, this workbook is an essential guide to a vibrant and committed practice."
C. Zahnow

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From reader reviews:

Vernie Ruiz:

People live in this new morning of lifestyle always aim to and must have the free time or they will get great deal of stress from both everyday life and work. So , once we ask do people have time, we will say absolutely without a doubt. People is human not really a robot. Then we request again, what kind of activity are there when the spare time coming to an individual of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative throughout spending your spare time, often the book you have read is usually Stepping Stones: Workbook & Guide to Buddhist Practice.

Ernestine Miller:

The book untitled Stepping Stones: Workbook & Guide to Buddhist Practice contain a lot of information on this. The writer explains her idea with easy approach. The language is very clear to see all the people, so do not really worry, you can easy to read the idea. The book was compiled by famous author. The author brings you in the new period of time of literary works. You can actually read this book because you can please read on your smart phone, or device, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and order it. Have a nice examine.

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Patricia Hooper:

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