



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:

Cindy Martin:

Reading a book tends to be new life style in this era globalization. With reading you can get a lot of information that will give you benefit in your life. Having book everyone in this world may share their idea. Publications can also inspire a lot of people. Plenty of author can inspire their particular reader with their story or maybe their experience. Not only the storyplot that share in the books. But also they write about the ability about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors in this world always try to improve their expertise in writing, they also doing some investigation before they write for their book. One of them is this Tiny Buddha, Simple Wisdom for Life's Hard Questions.

Wanda Mason:

Playing with family in a park, coming to see the coastal world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try thing that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Tiny Buddha, Simple Wisdom for Life's Hard Questions, you can enjoy both. It is fine combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't buy it, oh come on its referred to as reading friends.

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