



The Buddhist Path to Simplicity

Christina Feldman

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Moments of peace and stillness give us a glimpse of how extraordinary our lives could be. Yet this sense of meaning and wonder is so easy to lose sight of in the hectic pace of modern living. In *The Buddhist Path to Simplicity*, Christina Feldman, an internationally renowned Buddhist teacher, shows you how to find harmony and balance by applying ancient Buddhist Wisdom to the here and now. The path of conscious simplicity she suggests allows us to fully recover ourselves, by rediscovering our sense of meaning and wonder.

As a mother, a layperson and an internationally renowned teacher, Feldman knows the stresses and strains of modern life. In this book she shows how to harmonize and achieve balance and how to apply Buddhist wisdom to the here and now. She addresses subjects of compassion, speech, effort, intention, mindfulness and awakening. The path to peace, she suggests, is not necessarily complex or arduous. If we simply turn our attention to this moment, it will speak to us of wonder, mystery, harmony and peace. She demonstrates that there is no better moment in which to awaken and discover everything our heart longs for than this very moment.

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