



Buddhism for Busy People

By David Michie

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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 center. There, he began the most important journey of his life.

In this simple but beautifully written audiobook, David Michie opens the door to the core teachings of Tibetan Buddhism. With wry, self-deprecating humor, 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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Buddhism for Busy People By David Michie Bibliography

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Editorial Review

Review

"This is an unashamedly personal account, and who can resist a good confession? Poignant but entertaining, informative but not pedantic—these were among the fastest 200+ pages I ever read. If Buddhism is a mirror, then Michie kindly holds it up for the reader. Here's the essence of Buddhism, and better—why it matters and how to access it."—*Elephant Journal*

"Enjoyably practical advice on transforming our everyday thoughts and actions into a spiritual adventure."—Venerable Tenzin Palmo, author of *Reflections on a Mountain Lake*

"Michie demystifies the ancient teachings of Buddha and writes about them with easy style."—*Australia Sunday Mail*

"Provides an easy handbook which links Tibetan Buddhism teachings to daily life beginning with the author's own efforts. Chapters show how life goals can be linked to spiritual exploration and cover everything from cultivating compassion to understanding memory and rebirth experiences. . . . A top pick for both new age collections and general interest libraries."—*The Bookwatch*

"For those who have been searching for a sincere, accessible introduction to Tibetan Buddhism . . . this is your book. . . . Michie employs storytelling and humor without being falsely enthusiastic or superficial."—*Shambhala Sun*

"The pursuit of happiness is a time-consuming roller coaster ride with plenty of ups and downs—especially when we allow our galloping desires and our entrenched aversions to dominate our emotions each and every day. Tibetan Buddhism offers an alternative to this frenzied ride, and David Michie . . . describes this inner path to a more peaceful and rounded life. He describes Buddhism with its Four Noble Truths as 'the ultimate self-development program.' The doctrine of karma grants us permission to create our own future happiness or misery. This inner path eschews the predominant blame culture and emphasizes personal responsibility instead. The author recommends that we live each day as a bonus."—*Spirituality & Practice*

"This guide offers the personal story of one man's journey into a more spiritual and focused life through both philosophy and action. . . . Profound."—*Eastern Horizon*

"A useful introduction and handbook. . . . Encouraging people to develop the daily habit of meditating can take some writers dozens of pages, but using succinct aphorisms, coupled with [Michie's] own personal testimonials, creates an easy entry to begin this practice. . . . The author's style . . . ensure[s] that the busy, engaged people who reach for this work will find it seminal."—*New Age Retailer*

"Weaving Buddhist Dharma into scenes from his own fast-paced lifestyle in London, [Michie] gives us practical applications for use of the ancient dogma in the Western world's rat-race existence. . . . Goes a long way in dispelling common misconceptions of the teachings of Buddhism. . . . The irresistible quest of the author makes us want to go with him on his path to enlightenment."—*Venture Inward*

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Users Review

From reader reviews:

Melissa Conner:

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