



# **Buddhism for Busy People: Finding Happiness in an Uncertain World**

*David Michie*

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# Buddhism for Busy People: Finding Happiness in an Uncertain World

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## **Buddhism for Busy People: Finding Happiness in an Uncertain World** David Michie

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, the great vacations—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 book, 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 heartfelt serenity that comes from connecting with our inner nature.

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