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Authenticity: Clearing the Junk - A Buddhist Perspective (Paperback)

By Yifa

Lantern Books, US, United States, 2008. Paperback. Book Condition: New. 203 x 132 mm. Language: English . Brand New Book. Do you find yourself overwhelmed by junk? Is your house full of stuff you don't know what to do with? Do you eat too much unhealthy food? Are you involved in destructive relationships? Do you find yourself surrounded by trivialities or engaged in meaningless conversation? Do you feel there's little of value in your life? If the answer to any of these questions is yes, then you need to read AUTHENTICITY. Clearly and compassionately, Ven. Yifa explores junk in all its ramifications: junk food, junk stuff, junk relationships, junk communication and junk thoughts and feelings. She shows how our obsession with materialism, convenience and the fast-paced nature of our society is diminishing our ability to connect wholeheartedly with others and making it harder for us to lead authentic lives. Through consciously separating out what is junk from what is genuine, she says, and through practising right-mindedness, we can gain equanimity, clarity of purpose, true friendship and the ultimate realisation of our Buddha-nature.



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