



A Lay Buddhist's take on Life and the Modern World: A guide to inner peace and contentment

Ann O'Bodhi

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This book is not an instruction manual or teaching on Buddhism; as there are already countless books out there in the public domain, written by Buddhist scholars, on this subject. Instead, this book is my humble attempt to shine a light on the urgent matter of life, death and topical global affairs in today's modern world through the lens of a lay-Buddhist practitioner for the benefit of anyone who chooses to listen. Hence, I try to show in this book how one can mindfully lead a more contented life in harmony with the outside world based on an inner state of peace and tranquillity; and to demonstrate the consequences of not doing so by highlighting the reality of the grim state of world affairs we all find ourselves in today. Thus, the end result is a three-part book. In Part one, my aim is to elevate the mind by showing the reader an alternative angle from the norm to view the world; in Part two, I provide a personal insight into the important issues of life and death; whilst in Part three, I pull no punches (in order to do this section justice) as 'what needs to be said' 'is said' concerning a whole raft of current global issues regardless of whose nose it may happen to put out of joint. In my humble opinion, this book will appeal to a wide range of readers in the general public as it addresses a number of important topical issues ranging from - the meaning of life to viewing the world in a different way and leading a more fulfilling lifestyle to highlighting many of the current problems (and their causes) in the world today. I personally have not come across a book, written by a Lay-Buddhist (or anyone else for that matter), whose contents even come close to those contained in this book and hence believe it has something unique to offer to the reader. I also predict that some of the hard hitting and direct views on a wide-range of important topical issues, within the book, will generate both significant interest and discussion in the public domain as well as resonate with the majority of readers.

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