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<td>1</td>
<td>Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves</td>
<td>In this fascinating and for-reaching book, Newweekse science writer Sharon Begley reports on how cutting-edge science and the ancient wisdom of Buddhism have come together to reveal that, contrary to popular belief, we have the power to literally change our brains by changing our minds. Recent When we think of work, often we think of drudgery, frustration, and stress. For too many of us, work is the last place in our lives we expect to experience satisfaction, fulfillment, or growth. In this unique book, Michael Carroll &amp;&quot;a meditation teacher, executive coach, and corporate director&quot; shares his expertise on how to turn this &quot;negative&quot; view of work into a positive one that can benefit both our careers and our wellbeing. The result is a book that is as compelling as it is practical, and as timeless as it is relevant today.</td>
<td>Sharon Begley  Michael Carroll</td>
<td>Ballantine Books</td>
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<td>304</td>
<td>9780345479891</td>
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<td>A Wake at Work: 30 Practical Buddhist Principles for Discovering Clarity and Balance in the Midst of Work's Chaos</td>
<td>One of the most acclaimed and persuasive observers of globalization and Buddhism now gives us the first serious consideration of&quot;Buddhism and non-Buddhist alike&quot; of the Fourteenth Dalai Lama's &quot;work and ideas as a politician, scientist, and philosopher. His Iyer has been engaged in conversation with the Gallavés, Cornucopia, Newton, Nielso Rohe, Einstein. Their insights shock our perception of who we are and where we stand in the world and in their wake have left an uneasy co-existence: science vs. religion, faith vs. empirical enquiry. Which is the keeper of truth? Which is the true path to understanding?</td>
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<td>Shambhala</td>
<td>14/09/04</td>
<td>176</td>
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<td>One of the most acclaimed and persuasive observers of globalization and Buddhism now gives us the first serious consideration of&quot;Buddhism and non-Buddhist alike&quot; of the Fourteenth Dalai Lama's &quot;work and ideas as a politician, scientist, and philosopher. His Iyer has been engaged in conversation with the Gallavés, Cornucopia, Newton, Nielso Rohe, Einstein. Their insights shock our perception of who we are and where we stand in the world and in their wake have left an uneasy co-existence: science vs. religion, faith vs. empirical enquiry. Which is the keeper of truth? Which is the true path to understanding?</td>
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<td>Morgan Road Books</td>
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<td>Sherry Marshall</td>
<td>Simon &amp; Schuster</td>
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<td>Sherry Marshall</td>
<td>Snow Lion</td>
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<td>Jeffrey Hopkins</td>
<td>Snow Lion</td>
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<td>Geshe Michael Roach  Khandro</td>
<td>Three Rivers Press</td>
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<td>Jeffrey Hopkins</td>
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<td>Guy Newland</td>
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22 Arya Sanghata Sutra Dhammapraya
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3: Extensive practice for reciting or reading the Sanghata
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The Lawudo Lama presents two life stories along with an extended introduction laying out their social and cultural context. It takes place in the Mount Everest region of Nepal, the home of the famous Sherpa guides, where the people practice Tibetan Buddhism and revere the local lamas and yogis. The stories do not wish for gratitude. Never strike at the heart. Now if you die, you will have no regrets."
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The Dalai Lama Wisdom Publications 28/07/3 216 1559390397 9780861713974

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