



Wake Up To Your Life: Discovering the Buddhist Path of Attention

Ken McLeod

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The key to becoming fully alive and joyful is to develop our natural capacity for attention and to be fully present here and now. In this informative guidebook to practical Buddhism you discover:

- How to live life with equanimity, loving-kindness, compassion, and joy
- How to cut through obsessions with the external world, relationships, harmful emotions, pleasure and power, and self
- Tried-and-true methods for cultivating active attention with your body and mind.

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