FOREWORD REVIEWS THE INDIE WE LOVE.

Buddhism for Busy People: Finding Happiness in an Uncertain World
David Michie
Snow Lion
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Those following the current controversial Tibetan independence movement and the serene role played by His Holiness the Dalai Lama will find this book enlightening.

Buddhism for Busy People shows readers how to live with fewer inner conflicts in this uncertain, topsy-turvy world. In general, the book follows the Way of the Buddha, a path walked by millions over the last 2,500 years. In particular, the author tries to formulate the basic tenets of the Tibetan Buddhism and the religious practices advocated by the founders of the Tibetan Buddhist Society of the West. One will also find a short outline of the story of the enlightenment of the Buddha, and his teachings on Compassion and the theory of dependent arising. But the real strength of the book lies in the practical advice Michie delivers on meditation, the practice of compassion, and finding happiness in daily life.

Michie illustrates the practices by relating his own struggles, disappointments, disillusionment, and eventual "enlightened modus vivendi." Born in Zimbabwe and raised in South Africa, Michie's interest in Buddhism began while studying Jung as part of his psychology degree. An illness in middle age led to a devoted study of mediation and a journey of inner growth. Although he wrote his first novel at eighteen, it was only after two years of meditation that he published his first book. Michie writes fiction and nonfiction, and *Buddhism for Busy People* is a bestseller in his home country of Australia.

Professing Buddhists may not find anything new in this book, but busy Christians, Muslims, and Hindus, even atheists, will be pleasantly educated and enlightened.

Zacharias Thundy