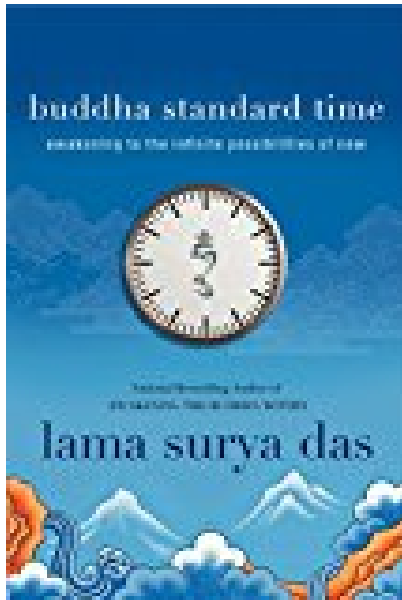


# Buddha Standard Time Awakening to the Infinite Possibilities of Now

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## BOOK DETAILS

- Author : Surya Das
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## **BOOK SYNOPSIS**

"A wealth of inspiration and practical tips for enjoying the Kingdom of God, the Pure Land of the Buddha, now." —Thich Nhat Hanh, bestselling author of *Peace Is Every Step* "For newcomers to Buddhism (and non-Buddhists interested in universal wisdom!) and 'old hands' at practice . . . [Das] promises nothing less than a liberated life, freed from angst over the tyranny of time, through the practice of loving presence." —Sylvia Boorstein, author of *Happiness Is An Inside Job* Internationally renowned meditation scholar Lama Surya Das delivers a penetrating and practical guide to discovering the power of living fully in the now. In the tradition of the Dalai Lama's *The Art of Happiness* and Noah Levine's *Heart of the Revolution*, *Buddha Standard Time* is a roadmap to discovering your own inner kingdom of awareness, patience, and love.

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