



# The 1325 Buddhist Ways to Be Happy

*Barbara Ann Kipfer*

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Barbara Ann Kipfer

**The 1325 Buddhist Ways to Be Happy** Barbara Ann Kipfer  
**HAPPY ENDINGS ARE NOT RELIABLE. HAPPY NOWS ARE.**

*The attainment of happiness has always been at the heart of Buddha's teachings. The Buddha himself was known as "The Happy One."*

*1325 Buddhist Ways to Be Happy* draws on the rich heritage of Buddhism for quick ideas, thoughts and teachings that will guide you to a deeper, more fulfilling happiness in your daily life. You don't need to be a Buddhist to understand and benefit from the wisdom in this book. Open to any page and discover a new path to happiness.

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