



The Modern-Day Buddha: 10 Techniques to Cultivate Awareness and Understanding in a Busy World (Paperback)

By Noah James Hittner

Createspace, United States, 2011. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. The Modern-Day Buddha (MDB) is a handy reference guide which offers ten short and impactful techniques that anyone can use on-the-spot to provide a quick, wholesome, and inspiring way to travel through their day-to-day life experience. Quite honestly, it could be called a handbook for wholeness. Each technique contains an anecdote, accessible insight, and simple suggestions for action steps. All-in-all, the MDB s message is clearly conveyed in a way that is gentle, efficient, and intriguing. The Modern-Day Buddha Techniques: Technique 1: Pause Technique 2: Have the Conversation Technique 3: Create and Extract the Value Technique 4: Be Selfish Technique 5: Do Your Art Technique 6: Feed Your Body-Vehicle Technique 7: Move Your Body-Vehicle Technique 8: Grab a Piece of Nature Technique 9: Find Silence Technique 10: Remember the One Reason for Everything.

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