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The Buddhist Path to Simplicity: Spiritual Practice in Everyday Life *Plain Living* **The Buddhist Path to Simplicity** **Compassion A Quaker Book Of Wisdom** *Voluntary Simplicity Second Revised Edition* **Simplicity Money Rules** **Radical Simplicity** **Fearless Simplicity** **Holy Simplicity** **The Simple Path to Wealth** *Choosing Simplicity* **Boundless Heart** *Awakening Desire* **The Joy of Simplicity** **Soulful Simplicity** *Freedom of Simplicity* [Simple Living](#) **Spiritual Simplicity** **A Path with Heart** **The Way of Simplicity** **The Way of Simplicity** **A Simple Path** **Voluntary Simplicity** **Second Revised Edition** **Old Age** [Simplicity](#) **The Laws of Simplicity** *Meditations from A Simple Path* **A Buddhist Life in America** **My Path** **Radical Simplicity** [Simplicity of Life](#) **The Beauty of Simplicity** *God Is Simple Everything Else Is Complex* **Simplicity Parenting** **7 Days of Simplicity** *The Spirit of Simplicity* *The Way of the Heart* [Money Rules](#)

An esteemed Insight Meditation teacher leads you through the sublime qualities of Buddhism—kindness, compassion, joy, and equanimity—and how they can enrich your life

Compassion, kindness, equanimity, and joy are not only the fruits of the awakened life but also the path to it—attitudes of mind that can be cultivated through intention and dedication. Also known as the brahma viharas (sublime abodes) and the “Four Immeasurables,” these ennobling qualities are far more than simply the “feel-good” states they are often mistaken for. They must be pursued sincerely as a spiritual practice—not just as a means of getting a “spiritual high”—in order to experience the full extent of their power. In *Boundless Heart*, Christina Feldman presents teachings on the Four Immeasurables, exploring how they balance each other in a way that enhances them all. Her simple practices will lead you toward a life infused with kindness, compassion, joy, and equanimity—and to a way of being that promotes those qualities to the world at large. “The most valuable aspect of religion,” writes Robert Lawrence Smith, “is that it provides us with a framework for living. I have always felt that the beauty and power of Quakerism is that it exhorts us to live more simply, more truthfully, more charitably.” Taking his inspiration from the teaching of the first Quaker, George Fox, and from his own

nine generations of Quaker forebears, Smith speaks to all of us who are seeking a way to make our lives simpler, more meaningful, and more useful. Beginning with the Quaker belief that “There is that of God in every person,” Smith explores the ways in which we can harness the inner light of God that dwells in each of us to guide the personal choices and challenges we face every day. How to live and speak truthfully. How to listen for, trust, and act on our conscience. How to make our work an expression of the best that is in us. Using vivid examples from his own life, Smith writes eloquently of Quaker Meeting, his decision to fight in World War II, and later to oppose the Vietnam War. From his work as an educator and headmaster to his role as a husband and father, Smith quietly convinces that the lofty ideals of Quakerism offer all of us practical tools for leading a more meaningful life. His book culminates with a moving letter to his grandchildren which imparts ten lessons for “letting your life speak.” *Fearless Simplicity* is about training in the awakened state of mind, the atmosphere within which all difficulties naturally dissolve. Here, the gifted Tibetan meditation master and author of *Carefree*

Dignity, Drubwang Tsoknyi Rinpoche, in his exceptional and skillful teaching style, guides us through the methods to be at ease with our surroundings and ourselves. He shows us how to develop confidence and be in harmony with every situation as the basis for true compassion and intelligence. As confidence grows stronger, you find yourself turning into a real warrior -- a compassionate bodhisattva warrior. The true bodhi-sattva spirit grows out of this personal sense of freedom. With this sense of security and freedom, you begin to direct your attention to the needs of others. The compassion expands. This is my point about inner simplicity as the basis for living fearlessly in a complex world. We are now open and spacious and from within that sense of fearless simplicity, you can accommodate all phenomena. You can naturally care for others unpretentiously; no one is a threat any longer. -- Drubwang Tsoknyi Rinpoche Inspired by her iconic 7: An Experimental Mutiny Against Excess, New York Times bestselling author Jen Hatmaker explores the spiritual side of a simpler life and the way our choices affect our spirit, our loved ones, our community, and the earth in her new gift book 7 Days of Simplicity: A Season of Living Lightly. In 7 Days of Simplicity Hatmaker shares from her own experiences in living lightly, "finding deep delight in exactly what you have and where you are, never letting anyone shame you out of simplicity or contentment." Throughout the book are excerpts of Jen's own journey to offer hope, humor, facts, and encouragement

for the reader with a fresh look at how our own daily choices affect the sustainability of our lives and God's earth. The book confronts our desire to compete in the all-consuming consumer-goods game calling the reader to slow down, catch a breath, live with intention, and live like today is all we have, because those small ripples eventually make big waves for everyone. Do you turn away from your own physical and emotional pain? Do you withhold empathy or give yourself away when witnessing another's pain? Do you lash out or withdraw when you feel that someone has harmed you? Is it possible to learn to respond to rather than react against what feels unbearable? Drawing on her experience as a Buddhist practitioner and teacher, Christina Feldman asserts that it is possible, but only if we turn, time and again, toward compassion, which she describes as the "innate, natural condition of our hearts." She says, "You do not need to be a saint to find the grace and transformative power of compassion; you need only to be willing to pay attention to pain and its cause and to commit yourself to its end." She offers techniques for developing the capacity to hold adversity, loss, and pain—with love. Her guided meditations will teach you to cultivate and sustain compassion for the blameless, for those who cause suffering, for those whom you love, and for yourself. Quick now, here, now, always-- A condition of complete simplicity (Costing not less than everything) --T.S. Eliot, Little Gidding In this classic text on aging wisely, the renowned

Jungian analyst Helen M. Luke reflects on the final journeys described in Homer's Odyssey, Shakespeare's King Lear, and T.S. Eliot's Little Gidding, as well as devoting attention to suffering. In examining some of the great masterpieces of literature produced by writers at the end of their lives, she elucidates the difference between growing old and disintegrating, encouraging the reader to grow emotionally and mentally during the culminating stage of life. Contents: Foreword by Thomas Moore Introduction by Barbara A. Mowat The Odyssey King Lear The Tempest Little Gidding Suffering Simplicity: the sure path to God! The saints assure us that simplicity is the virtue most likely to draw us closer to God and make us more like Him. Relying on the words of Jesus and the lives of the saints, Fr. Plus maps out a sure path to the simplicity which Jesus praised, a simplicity that bestows on all of us who seek it: happiness, courage, and inner peace, no matter how complicated our circumstances may be or how crowded our days. Must reading for anyone feeling too busy or too stressed and seeking to simplify their life-to listen to the longings of their heart. Most of us living in this complex and time-pressured era have moments when we wish we were living simpler, more meaningful lives. Sometimes these wishes are fleeting desires, but for many today the search for a life of greater simplicity and meaning has developed into a deep longing. There are many routes to simplicity. This book focuses on and

provides direction to the gimmick-free spiritual path followed by Quakers. For over three centuries Quakers have been living out of a spiritual center in a way of life they call "plain living." Their accumulated experiences and distilled wisdom have much to offer anyone seeking greater simplicity today. Plain Living is not about sacrifice. It's about choosing the life you really want, a form of inward simplicity that leads us to listen for the "still, small voice" of God. This book goes beyond the merely trendy to make the by now well-worn Quaker path to plain living accessible to everyone. Courtney Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives. We are often on a quest for more—we give in to pressure every day to work more, own more, and do more. For Carver, this constant striving had to come to a stop when she was diagnosed with Multiple Sclerosis (MS). Stress was like gasoline on the fire of symptoms, and it became clear that she needed to root out the physical and psychological clutter that were the source of her debt and discontent. In this book, she shows us how to pursue practical minimalism so we can create more with less—more space, more time, and even more love. Carver invites us to look at the big picture, discover what's most important to us, and reclaim lightness and ease by getting rid of all the excess things. A revised and updated edition of the manifesto that shows how simplicity is not merely having

less stress and more leisure but an essential spiritual discipline for the health of our soul. Simple Living is not only a philosophy but the story of the life of Native American and Franciscan Sister, Jose Hobday. Jose sees Simple Living as a way of life—an inner stance, an attitude, a disposition. It is a discernment about emphasis in one's life. It is not just about material possessions, but about freedom. Outlines simple steps for saving, investing, increasing, and protecting income in order to achieve financial stability. The key to rising to the top of your company lies in a simple message and philosophy. The ultimate inspirational story for ambitious innovators, market-disruptors, and global business entrepreneurs. Celebrating DHL's fiftieth anniversary as a world-leading delivery company, global CEO Ken Allen tells the unique story of his journey to the top of the industry. In this business memoir, he shares the strategies and skills he has developed throughout his career, drawing on both his core values and extensive experience. This book is an inimitable guide to succeeding in any business, focusing on strategy and practical advice while revealing the simple lessons you need to learn to excel in life and work. It is an accessible read for entrepreneurs and managers at any stage of their career, packed with motivational material and no-nonsense tips. This simple and honest book is a must-have for anyone looking to reach the top of their field. There are so many complex volumes written on spirituality;

however God is essentially simple, and the experience of the Divine is available to all. We are already enlightened beings, and we are our own masters. It is a matter of rediscovery and remembrance. This book succinctly summarizes key elements in the process of enlightenment. Read it as an invitation to deepen understanding about the main underlying elements of all religions and paths of light. Everything in our lives is considered "spiritual practice" when we take a different angle of vision. Yet, enlightenment seems elusive to humanity because of the complexities within our own restless minds. Reading the book will awaken a deeper appreciation of what the basic principles are behind the inner life, regardless of what path we are on. The clarity gained from this work in spiritual understanding enables us to go deeper and deeper into our own being until we reach the infinite consciousness or Source, that is beyond as well as within the body and mind. We then move closer and closer to rest in enlightenment, our true nature and essence. This book directly states that we are all the great "Self" as the ancient and modern masters and mystics have experienced and proclaimed and states that the purpose of life is to rediscover our own enlightenment. It then addresses and discusses issues of Spirit that we may intuitively know but perhaps have not yet clarified or solidified a deeper understanding. It goes on to filter down to the core elements of spiritual practice that lead us to a state of enlightenment. It discusses the nature of the

mind and ego and what keeps us from spontaneously experiencing the Inner Light. The book then discusses healing and why we must keep the body and mind as fit instruments to more fully experience balance equanimity and equipoise. Optimal health is resting in enlightenment through the balance of body and mind as ancient seers discovered eons ago. The book embraces a freeing and refreshing philosophy of life that validates the choice to pursue any path that is suitable to us as we understand the underlying common elements on the road to enlightenment. The shared common goal of all paths in essence, is to rediscover the simplicity of the God Source within us all. Changing "Love" from a Noun to a Verb In our frantically driven, complex lifestyle, we suffer from fatigue, little margin, shallow relationships, and fractured families. As a result of this driven lifestyle, our souls are diseased—they have a lack of ease. This highly practical, comforting book maintains that it is possible to run the race at a different, more meaningful speed. Not only is it possible; it's absolutely necessary. The key to simplifying life, Chip Ingram says, is to make sure love is your #1 priority. Love redirects our focus and unravels the complex, overextended lifestyle that keeps us ever running but never arriving. In Spiritual Simplicity, Ingram explains how to change our love from a noun to a verb and choose to concentrate on what really matters: the people we love the most. Each chapter ends with probing questions to help you process,

ponder, and discuss the life-giving principles laid out in this desperately needed book. *** If you crave simplicity, yearn for peace and calm, this book is for you. Through biblical teaching and practical insights, author Chip Ingram goes beyond so-called quick fixes and speaks to men and women who know what they need to do, want desperately to do it, but find it next to impossible to break free of the too many good and important things that flood their lives. The thesis of this book is very simple: Spiritual simplicity will never be achieved by strategic, managerial attempts to control our lives and schedules but through doing less because we love more. As you learn the practice of loving people, you will experience a shift from complex to simple, from hurried to peaceful, from "never enough time" to "time enough for those you love." Lasting change is within your reach. The Journey The day one ceases to wait Is the day one actually begins to truly live. Any reason is an excuse for him or her to keep waiting. It is what it is; the truth is uncompromising. Therefore, my advice to you is: stop waiting! Stop waiting for your mom, your dad, your son, your daughter, your spouse, the right job, the proper friends, or anything else in order for your life to move forward in the direction you desire. You alone are here for yourself. There is no one else. There is a sense of safety among family, friends, and children; a real safety can only be found within oneself. In order to arrive, one must behave as though he or she is there Meaning one must be the very

same thing one aspires to be, thus turning into oneself. Any which way one chooses is always in accordance with and based on what he or she understood and learned during his or her life until this moment—the moment of reading these lines. Therefore, as long as ones comprehension and development increase, they allow ones growth, and with it more options to act in ones own way. Much beyond the words one uses: That's who I am, which cause the exact opposite from development. In the path of growth, at a certain point, one will realize that one can actually be almost anything one chooses, and hence should now select the path he or she truly desires. For those who know, I have no words to say. For those who don't know, I have the world to give. Our closets, our garages, our cupboards, our lives are--let's face it--cluttered. Stuff is everywhere: old yearbooks, projects we started years ago but never finished, commitments to activities that we now regret making but don't feel we can pull out of. Are you longing for space--for simplicity? Here is a book to bring you there. Soul Care® Resources are designed to be simple, but not simplistic, guides to maintaining or recovering the life and health of your soul, that essential personhood created by God as you. In four sections Mindy Caliguire helps you discover and embrace who you are, set healthy boundaries and embrace simplicity as a lifestyle that brings freedom. You use this book in small chunks of daily reading, covering the whole book in the course of four weeks. Also included

are four guided group discussions for use with a small group or a spiritual friend. Are you ready to start your journey toward simplicity? The modern classic that interweaves the solitude, silence, and prayer of the fourth- and fifth-century Egyptian Desert Fathers and Mothers with our contemporary search for an authentic spirituality "Joan Halifax is known for her work with the dying. In this book she relates how she found a life of her own through her contact with traditional cultures and through association with people like Alan Lomax, Stanislav Grof and Joseph Campbell. At first a refuge from painful mental anguish, Buddhism became, in time, a place of refreshment and self-discovery for her. It also gave texture to her life of service, leading to the practice of "engaged Buddhism" that is attentive to the suffering world and a healing presence within it."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved Ten laws of simplicity for business, technology, and design that teach us how to need less but get more. Finally, we are learning that simplicity equals sanity. We're rebelling against technology that's too complicated, DVD players with too many menus, and software accompanied by 75-megabyte "read me" manuals. The iPod's clean gadgetry has made simplicity hip. But sometimes we find ourselves caught up in the simplicity paradox: we want something that's simple and easy to use, but also does all the complex things we might ever want it to do. In

The Laws of Simplicity, John Maeda offers ten laws for balancing simplicity and complexity in business, technology, and design—guidelines for needing less and actually getting more. Maeda—a professor in MIT's Media Lab and a world-renowned graphic designer—explores the question of how we can redefine the notion of "improved" so that it doesn't always mean something more, something added on. Maeda's first law of simplicity is "Reduce." It's not necessarily beneficial to add technology features just because we can. And the features that we do have must be organized (Law 2) in a sensible hierarchy so users aren't distracted by features and functions they don't need. But simplicity is not less just for the sake of less. Skip ahead to Law 9: "Failure: Accept the fact that some things can never be made simple." Maeda's concise guide to simplicity in the digital age shows us how this idea can be a cornerstone of organizations and their products—how it can drive both business and technology. We can learn to simplify without sacrificing comfort and meaning, and we can achieve the balance described in Law 10. This law, which Maeda calls "The One," tells us: "Simplicity is about subtracting the obvious, and adding the meaningful." Known around the globe for her indefatigable work on behalf of the poor, the sick, and the dying, Mother Teresa has devoted her life to giving hope to the hopeless in more than one hundred and twenty countries. She inspires us all to find a way to translate our spiritual beliefs into action

in the world. How has one woman accomplished so much? And what are the guiding principles that have enabled this humble nun to so profoundly effect the lives of millions? Now, in her own words, Mother Teresa shares the thoughts and experiences that have led her to do her extraordinary charitable work. A candid look at her everyday life--at the very simplicity and self-sacrifice that give her the strength to move mountains--A Simple Path gives voice to the remarkable spirit who has dedicated her life to the poorest among us. Just as important as her beliefs are how they are put into action in the world, and A Simple Path also tells the story of the founding of the Missionaries of Charity, their purpose and practice, and the results of their tireless work. Through faith, surrender, and prayer, the missionaries live to serve others; they have improved the lives of countless souls and given dignity to the dying. Their mission has also produced a ripple effect, spreading human compassion to communities where there is need. Through these examples, as well as the uplifting words and guiding prayers of Mother Teresa and those who work with her, everyone can learn how to walk the simple path that Mother Teresa has laid out for us, to help create a truly kinder world for the future. A Simple Path is a unique spiritual guide for Catholics and non-Catholics alike: full of wisdom and hope from the one person who has given us the greatest model of love in action in our time. "A manifesto for the only kind of

future that promises sanity and the possibility of contentment. Bread and wine for the spirit.” —Sam Keen, author of *Fire in the Belly*

Originally published in 1981 and hailed as the “bible” of the simplicity movement by *The Wall Street Journal*, Duane Elgin’s classic *Voluntary Simplicity* has been completely revised for our modern times. Elgin, who was honored in 2009 by *The Ecologist*, the U.K.’s leading environmental magazine, as one of ten important “visionaries,” offers a path “Toward a Way of Life That is Outwardly Simple, Inwardly Rich.” *Voluntary Simplicity* has already changed the lives of thousands of people. This new edition will profoundly influence countless more with its powerful, timely message of balance, frugality, and ecological awareness. Imagine you are first in line at a potluck buffet. The spread includes not just food and water, but all the materials needed for shelter, clothing, healthcare, and education. How do you know how much to take? How much is enough to leave for your neighbors behind you - not just the six billion people, but the wildlife, and the as-yet-unborn? In the face of looming ecological disaster, many people feel the need to change their own lifestyles as a tangible way of transforming our unsustainable culture. *Radical Simplicity* is the first book that guides the reader to a personal sustainability goal, then offers a process to monitor progress to a lifestyle that is equitable amongst all people, species, and generations. It employs three tools to help readers begin their customized journey

to simplicity: It builds on steps from *Your Money or Your Life* so readers can design their own personal economics to save money, get free of debt, and align their work with their values. It uses refined tools from *Our Ecological Footprint* so readers can measure how much nature is needed to supply all they consume and absorb their waste. And by advocating time alone in wild nature, it opens readers to another reality with humanity as one species among many on a complex and inter-related planet. Combining lyrical narrative, compassionate advocacy and absorbing science, *Radical Simplicity* is a practical, personal answer to 21st century challenges that will appeal as much to Cultural Creatives and students as to spiritual seekers, policy makers and sustainability professionals. The simple path is not a way to live; it is a way of life-it is building your life around a few basic principles that will set you free. The rewards of simplifying your life will be some of the greatest gifts you can give your spouse, children, friends, and yourself. Do you find yourself stressed or tired-moving too fast? If your answer to any of these questions is yes, then this book is for you. There is freedom in the simple and captivity in the complex. To build a quality life means we must take inventory of those things that really mean the most and incorporate time to ensure that those priorities are embedded in our daily life. Today’s busier, faster society is waging an undeclared war on childhood. With too much

stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish. *Simplicity Parenting* offers inspiration, ideas, and a blueprint for change:

- Streamline your home environment. Reduce the amount of toys, books, and clutter—as well as the lights, sounds, and general sensory overload.
- Establish rhythms and rituals. Discover ways to ease daily tensions, create battle-free mealtimes and bedtimes, and tell if your child is overwhelmed.
- Schedule a break in the schedule. Establish intervals of calm and connection in your child’s daily torrent of constant doing.
- Scale back on media and parental involvement. Manage your children’s “screen time” to limit the endless deluge of information and stimulation.

A manifesto for protecting the grace of childhood, *Simplicity Parenting* is an eloquent guide to bringing new rhythms to bear on the lifelong art of raising children. In *The Way of Simplicity* Esther de Waal reveals the riches of the Cistercian (Trappist) tradition and its relevance for today’s world. The book draws not only on such twelfth-century writers as Bernard of Clairvaux and Aelred of Rievaulx, but also on Thomas Merton and many contemporary Cistercians. These Cistercian men and women wrote on matters of

perennial concern: the true self, growth, integration, friendship, the love of God, and above all the life of prayer. Anyone wishing to explore Cistercian spirituality will find this book an illuminating and practical guide. Esther de Waal is one of today's most celebrated spiritual writers. Seeking God, her classic book on the relevance of the Rule of Saint Benedict, has opened up the riches of the monastic tradition to readers throughout the world for almost twenty-five years. Greatly in demand as a speaker and retreat leader, she lives in Herefordshire, UK. Moments of peace and stillness give us a glimpse of how extraordinary our lives can be, but it is easy to lose sight of this in the hectic pace of modern living. In this inspirational book, internationally renowned Buddhist teacher Christina Feldman shows you how to find harmony and balance by applying ancient Buddhist Wisdom to the here and now. A guide to finding your path to peace of mind in the midst of a hectic life, for fans of You Can't Ruin My Day, Beautifully Said, and Badass Affirmations. Allen Klein, bestselling author with over half a million happy readers, offers a cogent reminder that joy is simply a matter of choice. And it's yours to make. Relax, release, refocus, and renew. Keep what you need in your life and let go of everything else including "stuff." The calming quotes, tranquil wisdom, and power thoughts in this book come from notable authors, celebrities, philosophers, and others who recognize the virtues of a simple, stress-free life. Grouped around basic themes

like "Go with the Flow," "Focus on What's Important," and "Slow Down," these sayings are reminders that it is still possible to achieve peace and harmony in today's fast-paced world. Bliss is just around the corner. The Joy of Simplicity is... A reminder that it is possible to achieve a state of peace and harmony in today's fast-paced world A collection of quotes to make you smile, laugh, and reflect on what you really need in your life A wonderful gift for those looking for serenity and focus in the midst of a fast-paced world Praise for The Joy of Simplicity "A wonderfully straightforward and effective take on simplifying one's life. Reading it gave me the perfect combination of motivation and relaxation at the same time." —Cassandra Aarssen, author of Real Life Organizing

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Susser "A manifesto for the only kind of future that promises sanity and the possibility of contentment. Bread and wine for the spirit." —Sam Keen, author of Fire in the Belly Originally published in 1981 and hailed as the "bible" of the simplicity movement by The Wall Street Journal, Duane Elgin's classic Voluntary Simplicity has been completely revised for our modern times. Elgin, who was honored in 2009 by The Ecologist, the U.K.'s leading environmental magazine, as one of ten important "visionaries," offers a path "Toward a Way of Life That is Outwardly Simple, Inwardly Rich." Voluntary Simplicity has already changed the lives of thousands of people. This new edition will profoundly influence countless more with its powerful, timely message of balance, frugality, and ecological awareness. We desire simplicity in our existence; but how do we reach it in a world that thrives on complexity? What has humankind done with the simplicity of life? Life is what it is; there is no way to truly define it. The human species has taken this state of simplicity and made it very complicated. This complexity, which we deem as being a true reality, is only a man-made construction. Every moment of life is, by true definition, the first, and the last of our human existence. Throughout most of human history we've been divided-stuck in structured behavior patterns and belief systems and confined to the stark cultural boundaries of a manmade world. This has led to feelings of confusion and loneliness, a constant sense of lacking as we

search for something more. The development of this world and the universe is dependent on what we think, what we desire and what we decide. For the majority of humans, life comes and goes without ever seeing the open door in front of them. Now, more than ever, individuals are feeling the need to leave their old ways behind and recognize the universal intelligence that has always been our birthright. *Simplicity of Life* is an exploration into self-awareness and human existence as a whole with ideas and insights that challenge the outdated belief systems of yore, and offers alternative ways of thinking that will allow anyone to tap into a larger and more universal consciousness. An increase in awareness has begun to pave the way toward unity. There is no teacher or student in life. We are all just walking each other home. A collection of spiritually sustaining meditations selected from Mother Teresa's message to the world *A Simple Path*. This book should be of help and comfort not only to Catholics, but also to non-Catholics who are interested in her views on how to help others as well as ourselves. This groundbreaking work goes beyond the books that tell you how to simplify your life. This book reveals what has happened in the lives of real people who have done it. Based on the author's three-year study of over 200 people from 40 states and eight countries, *Choosing Simplicity* is a delightful and rich blend of real-life profiles and guidelines on simplicity. Interwoven throughout the stories are the author's insights and

guidance for those who want to explore simplicity and those who have already embarked on this journey. The book also includes a 16-page Resource Guide with reviews of 42 books on simplicity, information on related web sites, organizations, simplicity study circles, workshops, newsletters and magazines. A powerfully simple, must-have manifesto on money with more than 90 wealth-building rules from the Today show's finance guru. In a time of great financial uncertainty, this is the book everyone must read. The bottom line: Money is simple—people make it complicated. Now, bestselling personal finance author Jean Chatzky has distilled this simplicity into a smart, immediate, and entertaining set of rules that will change readers' financial lives. Chatzky removes the stress associated with all things money and says it clearly: Readers who follow these basic yet crucial approaches to spending, saving, investing, increasing their income, and most importantly, protecting what they have, will build the wealth and financial stability they've been dreaming of. Chatzky's advice is reassuring, straightforward, and often counterintuitive, including: - Date your stocks; don't marry them. - 'More money' won't always make you 'more happy.' - To spend less, carry Benjamins, not Jacksons. - If you can't explain it, don't invest in it. - 'Free' can be very expensive. Written in her trademark warm, witty voice, and with a special Dos and Don'ts section, *Money Rules* is the only book readers really need to achieve true financial health and

happiness. "This important guidebook shows in detail and with great humor and insight the way to practice the Buddha's universal teachings here in the West. Jack Kornfield is a wonderful storyteller and a great teacher."—Thich Nhat Hanh "Jack is helping to pave the path for American Buddhism, bringing essential basics into our crazy modern lives. And the language he uses is as simple and as lovely as our breath."—Natalie Goldberg Perhaps the most important book yet written on meditation, the process of inner transformation, and the integration of spiritual practice into our American way of life, *A Path with Heart* brings alive one by one the challenges of spiritual living in the modern world. Written by a teacher, psychologist, and meditation master of international renown, this warm, inspiring, and expert book touches on a wide range of essential issues including many rarely addressed in spiritual books. From compassion, addiction, and psychological and emotional healing, to dealing with problems involving relationships and sexuality, to the creation of a Zen-like simplicity and balance in all facets of life, it speaks to the concerns of many modern spiritual seekers, both those beginning on the path and those with years of experience. *A Path with Heart* is filled with practical techniques, guided meditations, stories, koans, and other gems of wisdom that can help ease your journey through the world. The author's own profound—and sometimes humorous—experiences and gentle assistance

will skillfully guide you through the obstacles and trials of spiritual and contemporary life to bring a clarity of perception and a sense of the sacred into your everyday experience. Reading this book will touch your heart and remind you of the promises inherent in meditation and in a life of the spirit: the blossoming of inner peace, wholeness, and understanding, and the achievement of a happiness that is not dependent on external conditions. Sure to be a classic, *A Path with Heart* shows us how we can bring our spirituality to flower every day of our lives. It is a wise and gentle guidebook for an odyssey into the soul that enables us to achieve a deeper, more satisfying life in the world. Few people have ever seen or heard of *The Spirit of Simplicity*: it has been hidden for almost seventy years after quietly being published by the Abbey of Gethsemani in 1948. Anonymously translated and annotated by a young monk named Thomas Merton, the book's author—who also is not mentioned by name in the original edition—is Jean-Baptiste Chautard, the famous French Cistercian whose only other book, *The Soul of the Apostolate*, has been a favorite of modern saints and popes, including Pope Emeritus Benedict XVI. Every generation struggles with the question of simplicity. In the history of our faith, there have been no more eloquent voices calling us back to simplicity than the monks of the Cistercian Order, from Bernard of Clairvaux to Chautard to Merton—all of whom contribute to this powerful book. Merton surrounds Chautard's

text with his own remarks on simplicity, translations of classic texts by St. Bernard of Clairvaux, and commentary that allows readers to pursue the themes of simplicity in their own lives. "Only a very inadequate idea of exterior simplicity can be arrived at if we do not trace it back to its true source: interior simplicity. Without this, our resolution to practice exterior simplicity would be without light, without love ...," Chautard wrote at the beginning of the book. He is writing to his fellow Cistercians, but he might as well be speaking to twenty-first century Christians. He goes on to lay out the best disciplines that a monk—or anyone—might practice to find the elusive simplicity, with quotations from St. Benedict, St. Bernard, and other pillars of monastic life and spirituality. A dozen photographs of Cistercian architecture illustrate how principles of simplicity are incorporated into Cistercian daily life. In Part 2, Merton opens up the teachings of St. Bernard, a great mystic and doctor of the Church, offering excerpts from St. Bernard's writings on the original simplicity in the Garden of Eden, the difficulty of intellectual simplicity, the simplicity of the will (obedience), and other kindred topics. Merton also offers personal reflections from the perspective of one who had recently exchanged an active life in pursuit of worldly things for the solitude of a monk. The author shares his personal techniques, insights and experiences regarding saving money and investing, drawn from his blog posts as well as a series of letters to his teenage daughter, both

dealing with money management. Shirley Staires wasn't born on a prairie but she was born with the heart of a Pioneer. She has a unique way of sharing the simplicity of the Word of God. She has walked many unique paths in her almost 86 year journey. Whether it be through a quote or an acronym that she created, that Word gets down deep in your heart. No matter where you find yourself in life, when your path crosses the path and heart of Shirley Staires, then you have experienced a divine appointment that will help you navigate the spiritual journey you are walking. Shirley rolls up her sleeves and gets into the mud with you, if that's what it takes. This book gives insight into her ways. Enjoy your journey as you follow this pioneers paths as she followed the path of Jesus!

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