

Buddha's Ancient Wisdom for Modern Secular Life

HOUSTON, TX (SEND2PRESS NEWSWIRE) – One may call it Buddha's ancient path, yet the word "ancient" is suitable only to identify the 2500-year-old texts from which these ideas are taken. The wisdom offered is practical, useful, and exceedingly relevant to modern life. In his book "Beautiful Living: Buddha's Way to Prosperity, Wisdom, and Inner Peace" (ISBN: 0-9772343-0-4), Bhikkhu Basnagoda Rahula reveals, in simple yet elegant language, the steps and techniques Buddha recommended for the success and happiness of his lay community.



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This book is unique because it stays away from Buddhist metaphysics and focuses on Buddha's guidance of the reader's daily life. Beautiful Living fascinates and benefits those who strive for financial stability, healthy personal and social relationships, rational decisions, personality development, inner peace, and happiness.

What the author has discussed in this book can be best termed as a discovery. Sir Arthur C. Clarke, who wrote the foreword, states that Beautiful Living is an effort to "rediscover the principles and values of Buddhism that have been obscured by centuries of culture and history."

Bhikkhu Rahula has been a Buddhist monk for over 25 years. He holds a Ph.D. in English from Texas Tech University in Lubbock and now serves the congregation of Houston Buddhist Vihara while teaching English at the

University of Houston-Downtown.

For more information about this book, or to schedule an interview with Bhikkhu Rahula, please use the following contact information:

Phone: 713-501-9084

Email to rbasnagoda@yahoo.com

Web site: <http://www.vimamsa.com>

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