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Here, in *On Tuesdays I'm a Buddhist*, Harding examines the search for meaning in life which keeps him fastened to the idea of god. After many therapy sessions focused on an effort to uncover personal truth, and long solitary months on the road with a one man show, Harding is finally led to an artists' retreat in the shadow of Skellig Michael.

On Tuesdays I'm a Buddhist: Expeditions in an in-between ...

All of a sudden, he found himself falling back into the old religious devotions of an earlier time. The meaning he had found through years of engagement with therapy began to dissolve. Here, in *On Tuesdays I'm a Buddhist*, Harding examines the search for meaning in life which keeps him fastened to the idea of god.

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On Tuesdays I'm a Buddhist by Michael Harding | Hachette UK

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On Tuesdays I'm a Buddhist por Michael Harding, 9781473623507, disponible en Book Depository con envío gratis.

One day in the summer of 2016, Michael Harding's wife brought an unusual gift home from Warsaw. All of a sudden, he found himself falling back into the old religious devotions of an earlier time. The meaning he had found through years of engagement with therapy began to dissolve. Here, in On Tuesdays I'm a Buddhist, Harding examines the search for meaning in life which keeps him fastened to the idea of god. After many therapy sessions focused on an effort to uncover personal truth, and long solitary months on the road with a one man show, Harding is finally led to an artists' retreat in the shadow of Skellig Michael. Mixing stories from the road with dispatches from his Irish Times columns, On Tuesdays I'm a Buddhist is a spell-binding and powerful book about the human condition, the narratives we weave around the self, and the ultimate

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bliss of living in the present moment. 'What happens between one story and the next? That's the really interesting part. That's the space where we find bliss; where we float sometimes, suspended, and only for a brief moment. Perhaps only for a few scarce moments in an entire life.'

'In public or on stage, it's different. I'm fine. I have no bother talking to three hundred people, and sharing my feelings. But when I'm in a room on a one-to-one basis, I get lost. I can never find the right word. Except for that phrase - hold me.' Michael Harding's wife has departed for a six-week trip, and he has been left alone in their home in Leitrim. Faced with the realities of caring for himself for the first time since his illness two years before, Harding endeavours to tame the 'elephant' - an Asian metaphor for the unruly mind. As he does, he finds himself finally coming to terms with the death of his mother - a loss that has changed him more than he knows. Funny, searingly honest and profound, *Hanging with the Elephant* pulls back the curtain and reveals what it is really like to be alive.

Throughout his life, Michael Harding has lived with a sense of emptiness - through faith, marriage, fatherhood and his career as a writer, a pervading sense of darkness and unease remained. When he was fifty-eight, he became physically ill and found himself in the grip of a deep melancholy. Here, in this beautifully written memoir, he talks with openness and honesty about his journey: leaving the priesthood when he was in his thirties, settling in Leitrim with his artist wife, the depression that eventually overwhelmed him, and how, ultimately, he found a way out of the dark, by accepting the fragility of love and the importance of now. *Staring at Lakes* started out as a book about depression. And then became a story about growing old, the essence of love and marriage - and sitting in cars, staring at lakes.

Profound and amusing, this book provides a viable approach to

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answering the perennial questions: Who am I? Why am I here?

How can I live a meaningful life? For Asma, the answers are to be found in Buddhism. There have been a lot of books that have made the case for Buddhism. What makes this book fresh and exciting is Asma's iconoclasm, irreverence, and hardheaded approach to the subject. He is distressed that much of what passes for Buddhism is really little more than "New Age mush." He asserts that it is time to "take the California out of Buddhism." He presents a spiritual practice that does not require a belief in creeds or dogma. It is a practice that is psychologically sound, intellectually credible, and esthetically appealing. It is a practice that does not require a diet of brown rice, burning incense, and putting both your mind and your culture in deep storage. In seven chapters, Asma builds the case for a spiritual practice that is authentic, and inclusive. This is Buddhism for everyone, especially for people who are uncomfortable with religion but yearn for a spiritual practice.

"A provocative essay challenging the idea of Buddhist exceptionalism, from one of the world's most widely respected philosophers and writers on Buddhism and science. Buddhism has become a uniquely favored religion in our modern age. A burgeoning number of books extol the scientifically proven benefits of meditation and mindfulness for everything ranging from business to romance. There are conferences, courses, and celebrities promoting the notion that Buddhism is spirituality for the rational; compatible with cutting-edge science; indeed, "a science of the mind." In this provocative book, Evan Thompson argues that this representation of Buddhism is false. In lucid and entertaining prose, Thompson dives deep into both Western and Buddhist philosophy to explain how the goals of science and religion are fundamentally different. Efforts to seek their unification are wrongheaded and promote mistaken ideas of both. He suggests cosmopolitanism instead, a worldview with deep roots in both Eastern and Western traditions. Smart, sympathetic, and intellectually ambitious, this

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book is a must-read for anyone interested in Buddhism's place in our world today."--Provided by publisher.

Around 2500 years ago a thirty-five-year-old man named Siddhartha had a mystical insight under a peepul tree in north-eastern India; in a place now revered as Bodhgaya. Today; more than 300 million people across the globe consider themselves beneficiaries of Gautama Buddha's insight; and believe that it has irrevocably marked their spiritual commitment and identity. Who was this man who still remains such a vital figure for the modern-day questor? How did he arrive at the realization that 'suffering alone exists; but none who suffer; the deed there is; but no doer thereof; Nirvana there is; but no one seeking it; the Path there is; but none who travel it'? The Book of Buddha traces the various stages of the spiritual journey undertaken by a man who started out as Siddhartha the Seeker; achieved understanding as Shakyamuni the Sage and attained supremacy as Tathagata the Master—finally reaching transcendence as Jina the Victor when he was transformed into the Buddha and became the Enlightened One. Combining personal insight with a deep understanding of Buddhist philosophy; Arundhathi Subramaniam gives the reader a sensitive and revealing portrait of the Buddha and his role in shaping and transfiguring the course of history. In this passionate and deeply felt rendition of the Buddha's life she explores his enduring impact; and affirms that though he promised no quick-fix solution to life's problems; Buddhism has remained truly democratic because it holds out the promise of self-realization for all.

So you think you're a Buddhist? Think again. Tibetan Buddhist master Dzongsar Jamyang Khyentse, one of the most creative and innovative lamas teaching today, throws down the gauntlet to the Buddhist world, challenging common misconceptions, stereotypes, and fantasies. With wit and irony, Khysentse urges readers to move beyond the superficial trappings of Buddhism—beyond the romance

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with beads, incense, or exotic robes—straight to the heart of what the Buddha taught.

The new bestseller from Michael Harding.

Talking to Strangers, from the bestselling author of Staring at Lakes and Hanging with the Elephant, is a book about love, about the stories we share with others, and the stories we leave behind us. Too much wine and a casual browse of an airline website - this is how Michael Harding found himself in a strange flat in Bucharest in early January, which set the tone for the rest of that year. After an intense stint in a high-profile production of The Field, Harding returned to the tranquil hills above Lough Allen and started to plan some dramatic changes to his little cottage. Surely an extension would give him a renewed sense of purpose in life as he approached old age. But as the walls of his home crumbled, so too did his mental health, and he fell, once again, into depression -- that great darkness where life feels like nothing more than a waste of time. And yet, it is in that great darkness that we discover what really makes us human. 'Michael Harding is no ordinary man or memoirist ... a book that champions the kindness (or at least company) of strangers as essential for that elusive state known as happiness' RT Guide

The #1 New York Times bestselling author of Beautiful Boy explores the transformation of Jarvis Jay Masters who has become one of America's most inspiring Buddhist practitioners while locked in a cell on death row. Jarvis Jay Masters's early life was a horror story whose outline we know too well. Born in Long Beach, California, his house was filled with crack, alcohol, physical abuse, and men who paid his mother for sex. He and his siblings were split up and sent to foster care when he was five, and he progressed quickly to juvenile detention, car theft, armed robbery, and ultimately San Quentin. While in prison, he was set up for the

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murder of a guard—a conviction which landed him on death row, where he's been since 1990. At the time of his murder trial, he was held in solitary confinement, torn by rage and anxiety, felled by headaches, seizures, and panic attacks. A criminal investigator repeatedly offered to teach him breathing exercises which he repeatedly refused. Until desperation moved him to ask her how to do “that meditation shit.” With uncanny clarity, David Sheff describes Masters's gradual but profound transformation from a man dedicated to hurting others to one who has prevented violence on the prison yard, counseled high school kids by mail, and helped prisoners—and even guards—find meaning in their lives. Along the way, Masters becomes drawn to the principles that Buddhism espouses—compassion, sacrifice, and living in the moment—and he gains the admiration of Buddhists worldwide, including many of the faith's most renowned practitioners. And while he is still in San Quentin and still on death row, he is a renowned Buddhist thinker who shows us how to ease our everyday suffering, relish the light that surrounds us, and endure the tragedies that befall us all.

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