



What Would Buddha Do?: 101 Answers to Life's Daily Problems

Franz Metcalf

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A unique approach to Buddhism, *What Would Buddha Do?* shows that anyone can find guidance in Buddha's teachings. It demonstrates how to use the advice of Buddha to become a better person at work, at home, and in society. Teaching by example, *What Would Buddha Do?* applies this question to 101 problems confronted in everyday life and reveals how Buddha's teachings are still meaningful after 2,500 years.

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