



## More Daily Wisdom: 365 Buddhist Inspirations

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# More Daily Wisdom: 365 Buddhist Inspirations

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Like its successful predecessor, *Daily Wisdom*, *More Daily Wisdom* draws on the richness of Buddhist writings to offer a spiritual cornucopia that will illuminate and inspire day after day, year after year. Sources span a spectrum from ancient sages to modern teachers, from monks to laypeople, from East to West, from poetry to prose. Each page, and each new day, reveals another gem of Daily Wisdom.

Entries included are from some of Buddhism's best-known figures: the Dalai Lama, Sylvia Boorstein, Bhante Gunaratana (*Mindfulness in Plain English*), Lama Zopa Rinpoche (*Transforming Problems into Happiness*), Lama Yeshe (*Introduction to Tantra*), Ayya Khema (*Being Nobody, Going Nowhere*) and of course, the Buddha himself.

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