



The Buddha in Me, The Buddha in You: A Handbook for Happiness

David Hare

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Do you want to be happier? Find inner calm? Enjoy a rich and rewarding life? Here's how... *The Buddha in Me, the Buddha in You* combines the tried-and-tested wisdom of Nichiren Buddhism with the best of popular psychology and personal development, making this a brilliant guide to how life works, and how to get the most from it.

Nichiren Buddhism differs from other Buddhist schools in its focus on the here-and-now, and places great importance on individual growth as the starting point for a better world. This, combined with powerful techniques such as NLP, mindfulness, journalling and coaching, makes *The Buddha in Me, the Buddha in You* the quintessential handbook for happiness.

'Buddha' simply means someone who is awakened - yet while Nichiren Buddhists will find fascinating insights into their practice, there is no need to follow a spiritual path to benefit from this book. Through his experience as an internationally acclaimed life coach and practising Buddhist, author David Hare shows us how to wake up to our own potential and that of those around us – to discover everyday enlightenment.

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