

## IT S EASIER THAN YOU THINK BOORSTEIN SYLVIA%0A

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Sylvia Boorstein's "It's Easier Than You Think" is a lovely little book about a Western approach to Buddhism -- an examination of the Four Noble Truths and Eightfold Path to Happiness through the lens of an American new to the belief system. The chapters are just a few pages, and the language is simple and graceful. Like Natalie Goldberg and Jack Kornfield, Boorstein writes about her own. [It's Easier Than You Think: The Buddhist Way to Happiness ...](#)

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every single act we do has the potential of causing pain, and every single thing we do has consequences that echo way beyond what we can imagine.

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[It's Easier Than You Think: The Buddhist Way to Happiness by Sylvia Boorstein](#) is a clear, brief guide to Buddhist practice. Boorstein's presence emanates from every page: warm, passionate, com passionate.

[Sylvia Boorstein \(Author of It's Easier Than You Think\)](#)

Sylvia Boorstein is the author of [It's Easier Than You Think](#) (4.14 avg rating, 2305 ratings, 119 reviews, published 1995), [Happiness Is an Inside Job](#) (3.

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### Happiness ...

Sylvia Boorstein's *It's Easier Than You Think: The Buddhist Way to Happiness* actually does the opposite of what the title states. Boorstein wants to illustrate the main precepts of Buddhist practice and understanding, but she also wants to show what an actual spiritual or religious life look like on the ground.

### **It's Easier Than You Think eBook by Sylvia Boorstein**

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