



How Would Buddha Act?: 801 Right-Action Teachings for Living with Awareness and Intention (The New Harbinger Following Buddha Series)

By Barbara Ann Kipfer

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How much better would our lives be if we fully understood the consequences of our actions, and if we stopped to think before acting or reacting? Based on the Buddhist teachings of Right Action, this inspirational guide will help you gain insight into the importance of your actions, improve your relationships, and live a more meaningful life.

In *How Would Buddha Act?*, best-selling author Barbara Ann Kipfer offers a unique, modern take on the ancient teachings of Right Action—the Buddhist concept of acting in loving, compassionate ways and responding to others with the intention of doing no harm. In the book, you'll learn that every thought, word, and deed has a consequence, and that by trying to be a better person in day-to-day life, you will be taking meaningful steps toward true enlightenment.

If you're like many others, you probably live an overbooked, stressful life. And when you feel frustrated, overwhelmed, and rushed, it's easier to engage in negative behaviors like overindulging in food or alcohol, watching too much television, maxing out your credit card, or neglecting those you love. You might find yourself on autopilot, completely unable to connect with your friends, family, and community. This book offers 801 affirmations to help you avoid these common pitfalls, and stay on the path to enlightenment.

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Editorial Review

Review

“In her book *How Would Buddha Act?*, Barbara Kipfer, PhD, offers the reader many diverse and practical means to translate ancient wisdom teachings into positive action in today’s world. Students of the Buddha’s teachings will likely feel quite at home with the teachings, essays, and meditations in this book, and should enjoy the author’s suggestions to bring those forward in the busyness of modern life. Readers not so familiar with Buddhist teachings will nonetheless benefit from reading and practicing any of these meditations, because, ultimately, these teachings and meditations, just like the teachings of the Buddha, are pointing us to always-present possibilities and direct methods for experiencing our lives with great wonder, and in ways that are at once deeply human and profoundly beautiful.”

—**Jeff Brantley, MD**, assistant consulting professor in the department of psychiatry and behavioral sciences at Duke University Medical Center; founding faculty member of Duke Integrative Medicine, and founder and director of its mindfulness-based stress reduction (MBSR) program; Distinguished Life Fellow of the American Psychiatric Association; author of *Calming Your Angry Mind*; and coauthor of *Daily Meditations for Calming Your Angry Mind*

“Books on mindfulness are plentiful, yet those with an emphasis on ethics are in short supply. Mindfulness without an understanding of the deeper problems of greed and aversion can become self-serving. *How Would Buddha Act?* is a welcome exception. From its Dhammapada-like sayings to its practical guidance for dealing with strong emotions to its guided meditations, this book can be a helpful companion for living an ethical life.”

—**Arnie Kozak, PhD**, author of *The Awakened Introvert* and *Mindfulness A to Z*

“In our stressful, overbooked lives, it’s all too easy to move through our days on autopilot—overdoing everything from eating and drinking to shopping, watching TV, and surfing the Internet. In this wise and engaging guide to the Buddhist concept of Right Action, Barbara Ann Kipfer offers a diverse array of teachings, meditations, and essays designed to help us act more skillfully and more lovingly to others and—ultimately—to ourselves.”

—**Carol Krucoff, E-RYT**, yoga therapist at Duke Integrative Medicine, and author of several books, including *Yoga Sparks* and *Healing Yoga for Neck and Shoulder Pain* (www.healingmoves.com)

“A fun book that is full of wisdom as well. Because it can be read in short sections, *How Would Buddha Act?* will be especially helpful for anyone who wants a lively way to take in reminders about mindfulness practice.”

—**Sharon Salzberg**, author of *Lovingkindness* and *Real Happiness*

“Open to any page in *How Would Buddha Act?* and you will find inspiration and practical support you can apply throughout your day. Presented in a friendly, accessible style, Barbara Ann Kipfer offers skillful guidance for living in a way that creates more happiness and well-being for others and yourself.”

—**Richard Shankman**, author of *The Art and Skill of Buddhist Meditation*, and cofounder of Mindful Schools

“We all feel frustrated when we notice our actions taking a wrong turn and leaving our beliefs behind, and when we judge those around us for acting as if they’ve forgotten what really matters in life. Open *How Would Buddha Act?* to any page and find the right inspiration to nudge your actions back onto the path of your own wise heart.”

—**Kimber Simpkins**, author of *Full* and *52 Ways to Love Your Body*

About the Author

Barbara Ann Kipfer, PhD, is a lexicographer and Buddhist scholar with an MA and PhD in Buddhist Studies, an MPhil and PhD in Linguistics, and a PhD in Archaeology. She has authored more than sixty books, including the best-selling *14,000 Things to Be Happy About*, as well as *The Wish List*, *Instant Karma*, *8,789 Words of Wisdom*, *Self-Meditation*, and *What Would Buddha Say?* Visit her online at www.thingstobehappyabout.com.

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