

## How Practice Way Meaningful Life

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How to Practice will guide you toward opening your heart, refraining from doing harm, maintaining mental tranquillity, and more. Divided into a series of distinct steps that will lead spiritual seekers of all faiths toward enlightenment, this accessible audio book is a constant and daily companion in the quest to practice morality, meditation, and wisdom.

[How to Practice: The Way to a Meaningful Life: Amazon.co ...](#)

It's a practical guide which has exercises at the end of each chapter and it can lead a person to a meaningful life. But I found it difficult to understand and follow the book. To follow the book it requires a very high degree of dedication. But if one can follow then he will be very close to Buddhism and can become a true human.

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