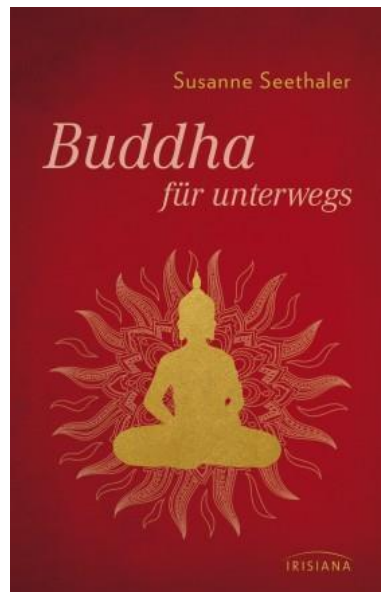


Meditations for small islands of calm, relaxation, and composure in everyday life



Susanne Seethaler
Buddha for on the Go
[Buddha für unterwegs]

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Susanne Seethaler has practiced Buddhist mindfulness meditations and Vipassana ("insight meditation") since 2005. She is a student of Thich Nhat Hanh and the author of numerous successful books about mindfulness, customs and traditions, cooking, and life simplification.

You are standing in the longest line at the supermarket, sitting nailed to your office chair, cooking dinner while the telephone won't stop ringing, and the children are noisily making demands – and all you really want is a little break? With this book, you can create a moment of calm even in the midst of extreme chaos. Through simple meditations, you will learn the art of Buddhist composure.

These meditations can be done anywhere without effort, while making use of the things in your everyday environment. Thus such things as the vacuum cleaner and the computer keyboard can go from being merely useful objects to optimal meditation aids. All the meditations are part of the tradition of Buddhist teachings, and they are made understandable so that even beginners can quickly start using them.

- Meditations for every situation – at home, at work, on the go
- Buddhism made applicable in everyday life, even for beginners