

## Sylvia Boorstein

Bestselling author of It's Easier Than You Think

## PAY ATTENTION,

### FOR GOODNESS' SAKE



practicing the perfections of the heart the buddhist path of kindness

"A beautiful, funny, wise book, full of understanding, gentle direction, brilliance, and heart."

- ANNE LAMOTT



# <u>Pay Attention For Goodness Sake The Buddhist Path Of Kindness</u>

**Angeles Arrien** 

Pay Attention For Goodness Sake The Buddhist Path Of Kindness:

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