

**The Middle Way: Finding Happiness In A World Of
Extremes By Lou Marinoff PhD**

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It is a way of life that enables us to live in accordance with our This is not to say that happiness is void of pleasures, but that pleasures are a natural effect, not the purpose. For example, courage is the middle between one extreme of it is better instead to accept our role in the world and appreciate the

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The Middle Way has 82 ratings and 7 reviews. Mike said: The first section (170 or so pages) of this book is a discussion of the the ABCs of the middle way

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But there is a better way—a middle way—where we might discover common Each of these wise men knew that extremism destroys happiness, health and

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In the broadest sense, the Middle Way refers to the Buddha's enlightened view of life and also the actions or attitudes that will create happiness for oneself and others; the greatest value to human existence and help relieve the world of suffering. a basic interpretation of the Middle Way as the path between two extremes,

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