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It's a Meaningful Life: It Just Takes Practice

Bo Lozoff

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It's a Meaningful Life: It Just Takes Practice Bo Lozoff
Here is a universal, time-tested path for finding true meaning and joy in every aspect of our lives. Drawing on his 30 years of teaching and service, **Bo Lozoff** shows why compassion--not success, self-improvement, or self-esteem--is at the root of happiness. In 26 intimate, inspiring chapters--each accompanied by a specific practice--Lozoff covers themes such as developing honesty, learning humility, dealing with anger, and honoring relationships. He shows how practices such as a daily vow of kindness or a simple commitment of time with others can have a profound effect on ourselves and our world. Lozoff's stories and lessons can awaken everyone to a happier and more fulfilled life.

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