



Ruling Your World: Ancient Strategies for Modern Life (Paperback)

By Sakyong Mipham

Potter/TenSpeed/Harmony, United Kingdom, 2006. Paperback. Book Condition: New. 185 x 127 mm. Language: English . Brand New Book. You're stuck in the airport security line, late for a flight. The line isn't moving. You're angry at the security personnel for taking so long, you're irritated at the other passengers for having so much stuff, you're mad at your boss for sending you on this trip in the first place. By the time you get to your gate you're angry, deflated, and exhausted. Then someone cuts in front of you in the line to board and you snap. There's a line, you know! Is that really you, standing in an airport, yelling at a stranger, emotions raging? It happens to most of us more than we'd like to admit. In an instant, our lives seem out of control and overwhelming. It's always something, isn't it? But what if you could approach every part of your life--from the smallest decisions to life's biggest setbacks--with total confidence, clarity, and control? According to Sakyong Mipham, we all have that power. The secret is simple: If you just stop thinking about yourself all the...



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