



## The Be Book: How to Cultivate Happiness for Life in the Modern World

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By Michael Dickes

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Clear and simple practices on how to cultivate happiness and harmony in your life in the fast pace of the modern world. Many years ago, I collected the contents of this book onto pieces of paper cut into squares and stapled them together small enough carry with me at all times. It served to keep me mindful of the paradigms that had been the catalyst for a profound and powerful change in my thinking. After years of searching, I found these simple principles to be the essential elements to realizing and sustaining a centered, serene, and enlightened state of mind. In time, I began sharing copies of my little book with friends and to great response. While similar to other classic rules of behavior, these precepts, however, are set in a clear, non-religious voice with a message that can be realistically applied to modern life. The BE Book is a companion to carry with you and to assist you in your own journey. I am not the originator of these ideas. I am just one man who went...



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