

## Becoming Buddha: Awakening the Wisdom and Compassion to Change Your World

Robert Sachs



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**Becoming Buddha: Awakening the Wisdom and Compassion to Change Your World** Robert Sachs Terrorist attacks, wars, economic failures, and natural disasters: Buddhist masters say that we are in a "Dark Age." But they remind us, too, that we have met and overcome catastrophes before. Robert Sachs shows how Tibetan Buddhist wisdom can have a real influence on both our personal lives and on contemporary politics. He presents traditional teachings—in particular The Four Noble Truths—in a practical, readable style and shows readers how to cultivate the inner resources necessary to meet the challenges and conflicts within themselves and the world.

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