



# Sailing the Worldly Winds: A Buddhist Way Through the Ups and Downs of Life

*Vajrapgupta*

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## **Sailing the Worldly Winds: A Buddhist Way Through the Ups and Downs of Life** Vajrapgupta

How do we really get on in this world? Tossed around by gain, buffeted by loss, borne aloft by praise, cast down by blame, how can we not be ground under, lose all direction, confidence, and sense of purpose? The Buddha had clear guidance on how to rise above these ‘worldly winds’, and Vajrapgupta here opens up for us the Buddha’s compassionate yet uncompromising teaching. Using reflections, exercises and suggestions for daily practice, this book can help you find greater equanimity and perspective in the ups and downs – big and small – of everyday life.

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