



365 Buddha PA: Daily Meditations

Jeff Schmidt

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Such is the powerful simplicity of Buddhist teachings that a one-or-two-line quotation from a seminal Buddhist text can resonate throughout our days and nights. The infinite wisdom of this religion has touched people from all walks of life from all over the world.

For readers interested in discovering this rich tradition and cultivating a daily practice, **365 Buddha** provides a single thought—a piece of wisdom to carry with one—for each day of the year. Filled with thought-provoking and inspiring quotations from the greatest Buddhist teachers throughout history, including Dogen, Suzuki, Thich Nhat Hanh, the Dalai Lama, and Milarepa, **365 Buddha** is an invaluable resource and companion for living.

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