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The Middle Way

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Way,” as it seeks always to reconcile opposing viewpoints and maintain balance.

The Middle Way | Buddhists.org

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In the broadest sense, the Middle Way refers to the Buddha’s enlightened view of life and also the actions or attitudes that will create happiness for oneself and others; it is found in the ongoing, dynamic effort to apply Buddhist wisdom to the questions and challenges of life and society.

The Middle Way | Soka Gakkai International (SGI)

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Few things will so simply bring happiness and relieve stress as laughing. So: Revisit one or two of those small video clips that always makes you laugh or smile. Head over to your favorite funny comic online or in your bookshelf. Listen a bit to a podcast or a stand-up show that you know you find funny. 12. Do what you deep down think is the right thing.

Daily Happiness: 13 Simple Ways to Find it in Your Life

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‘The Middle Way’ by Lou Marinoff Review by Robert M Ellis of ‘The Middle Way: Finding Happiness in a World of Extremes’ by Lou Marinoff (Sterling Publishing, New York, 2007) Lou Marinoff is Associate Professor of Philosophy at the City University of New York. He is also a leading exponent and practitioner of philosophical counselling.

‘The Middle Way’ by Lou Marinoff | Middle Way Society

But Lou Marinoff, a professor of philosophy and author of the bestseller *Plato, not Prozac*, argues that there is a better way--a middle way--where we might discover common ground for peace, both

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personally and universally. In this book he reveals the ABCs of finding such a path: Aristotle, Buddha, and Confucius.

Lou Marinoff. The Middle Way: Finding Happiness in a World ...

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