



Living Fully: Finding Joy in Every Breath

Shyalpa Tenzin Rinpoche

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We all aspire to live fully and freely in the moment.

In *Living Fully*, Shyalpa Tenzin Rinpoche reveals timeless wisdom that can help us fulfill this deepest aspiration. Each succinct teaching is a luminous jewel, an invaluable guide to actualizing our innate potential and breathing with joy and ease.

Today, with so many struggling with financial, relationship, and career challenges, *Living Fully: Finding Joy in Every Breath* is a timely prescription. Rinpoche offers the tools we need to experience genuine inner freedom, uncorrupted by endless craving for something better. Topics include beginning with a pure motivation, the preciousness of breath, healing oneself and others, the essence of meditation, and spontaneous fulfillment.

Shyalpa Tenzin Rinpoche has written the book that our troubled age has been yearning for. It is a treasure trove of heartfelt advice on how to seize the moment and live with kindness and understanding. Rinpoche's teachings gently beckon us home to the purity and simplicity of our true nature. At peace with ourselves and at ease with the world, we can discover what it means to live our lives fully.

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