



Anxieties and worries, stresses and strains both large and small – they often make life difficult. Quite apart from the global crises and disruptions, we all have our own individual problems. Remaining calm amidst all this is easier said than done. And yet Thomas Hohensee shows us that it is still possible to rise above these things, at least to some extent, using the Buddha as a prime example of benign composure. His book is a synthesis of ancient tried-and-tested practices that help us to retain or retrieve inner peace and the latest psychotherapy models that have proved effective aids in achieving a fulfilled, happy and relaxed life; it also features many practical suggestions and exercises.

Thomas Hohensee
Relaxed Like a Buddha
The art of rising above things
160 Pages
ISBN 978-3-423-24836-5