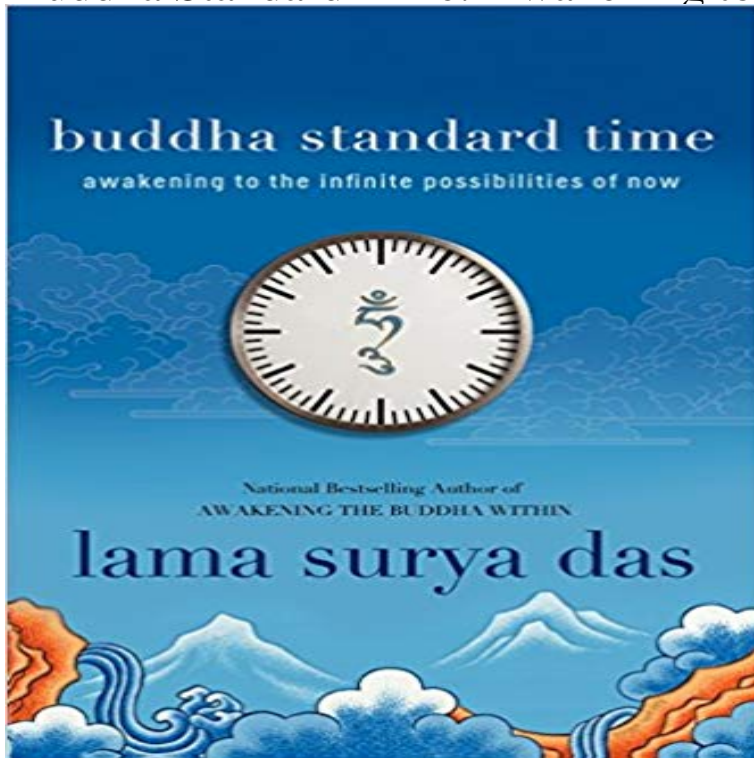


Buddha Standard Time: Awakening to the Infinite Possibilities of Now



A wealth of inspiration and practical tips for enjoying the Kingdom of God, the Pure Land of the Buddha, now. Thich Nhat Hanh, bestselling author of *Peace Is Every Step* for newcomers to Buddhism (and non-Buddhists interested in universal wisdom!) and old hands at practice... [Das] promises nothing less than a liberated life, freed from angst over the tyranny of time, through the practice of loving presence. Sylvia Boorstein, author of *Happiness Is an Inside Job* internationally renowned meditation scholar Lama Surya Das delivers a penetrating and practical guide to discovering the power of living fully in the now. In the tradition of the Dalai Lamas *The Art of Happiness* and Noah Levine's *Heart of the Revolution*, *Buddha Standard Time* is a roadmap to discovering your own inner kingdom of awareness, patience, and love.

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