



365 Buddha: Daily Meditations

Jeff Schmidt

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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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