



Stepping Stones: Workbook & Guide to Buddhist Practice

Margaret A. Blaine

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Happiness, for many of us it is elusive, sometimes coming and going at will! Certainly happiness is something most of us would like to have more of in our lives. In this workbook, Margaret Blaine, author and teacher of Nichiren Buddhism, provides a very clear guide to becoming happier regardless of your circumstances.

Stepping Stones will show you one step at a time how to use this modern form of Buddhism so you can take your life into your own hands. In addition to Buddhist philosophy, you'll discover the exact concepts, resources, and activities that will support you on your journey to a more fulfilling life.

You will learn:

- The amazing benefits of chanting.
- How to establish a chanting practice.
- How to successfully make major life changes.
- How to shift out of negative internal states at will.
- How to turn negative situations into positive ones.
- How to overcome personal and relationship problems more easily.
- How to find inner peace, unshakeable happiness and a clear path to enlightenment.

While this workbook stands on its own and there is tremendous benefit to using it by itself, it was originally created to be the companion to Margaret's main book: *Your Path to Unshakeable Happiness: Practical Modern Day Buddhism*, which you are encouraged to check out here on Amazon.

Find out for yourself what 12 million practitioners around the globe will tell you: there is a path to happiness! Order a copy of this spiritual self-help book today and get started on an adventure which will transform your life.

What people are saying:

"I wish I'd had this workbook when I was starting! It's a great tool for beginners and experienced members both. I highly recommend it, both for anyone who is interested in expanding their understanding of Nichiren Buddhism and for anyone who wants to start a Buddhist practice." Bonnie S.

"Steppingstones is a perfect guide for understanding the practice of Nichiren Buddhism. Each step will take you down the path of self-discovery. You'll learn how to work together with the universe for remarkable results." Cat S.

"Practical, grounded in daily life, this workbook is an essential guide to a vibrant and committed practice."
C. Zahnow

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Gloria Eller:

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Jane Rich:

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Harold Smith:

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