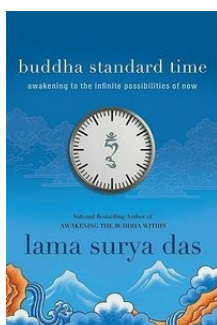


# BUDDHA STANDARD TIME: AWAKENING TO THE INFINITE POSSIBILITIES OF NOW

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When we ground ourselves in the present moment, we spontaneously connect better with others. We become more responsive and less reactive, listening more deeply and speaking with greater clarity. Lama Surya Das, Buddha Standard Time: Awakening to the Infinite Possibilities of Now //

## Reader's Opinions

Insightful book. Helpful for a fellow writer and teacher who would like to share the teachings of happiness and well-being in our "busy-body" society.