



How Would Buddha Think?: 1,501 Right-Intention Teachings for Cultivating a Peaceful Mind (The New Harbinger Following Buddha Series)

By Barbara Ann Kipfer



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“All that we are is the result of what we have thought.”

—The Buddha

Every word and every action begins with a thought. Negative thoughts based in jealousy, greed, or hatred may seem harmless on the surface. After all, they’re only thoughts, right? But while thoughts are only in our head, they often betray our intentions, and can directly shape our actions. So, how can you overcome internal negativity and live more consciously?

In *How Would Buddha Think?*, best-selling author of *14,000 Things to Be Happy About*, Barbara Ann Kipfer offers an insightful, modern take on the ancient teaching of Right Intention—an important tenet of the Buddhist Eightfold Path focused on the belief that our intentions drive our actions.

With this book as your guide, you’ll learn how to move past negative thoughts or ill will toward others and instead focus on altruism, purpose, and self-actualization—qualities needed to help you live a truly happy life.

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Editorial Review

Review

“*How Would Buddha Think?* is the kind of book you can open to any page for a few words to support you wherever you are. You might keep it on your desk or bedside table, where you can open it anytime and find a passage that sheds light on your current situation.”

—**Sharon Salzberg**, author of *Lovingkindness* and *Real Happiness*

“The Buddha famously said ‘with our thoughts, we make the world,’ and in this engaging guide to Right Thought and Right Intention, Barbara Ann Kipfer gives us valuable tools to make our world kinder and more peaceful. Dive into this collection of teachings, meditations, and essays to learn how to cultivate awareness, calm, and goodwill.”

—**Carol Krucoff, E-RYT**, yoga teacher at Duke Integrative Medicine, and author of several books, including *Yoga Sparks* and *Healing Yoga for Neck and Shoulder Pain*

“It has been said that ‘mind upholds the world,’ and many people have experienced the power of unacknowledged thoughts, misinformed judgments, and poorly informed bias to distort and misdirect their lives. In *How Would Buddha Think?* Barbara Ann Kipfer offers readers excellent insights and a wide variety of practical and accessible mindfulness-based practices for illuminating all types of thoughts. Readers who wish to free themselves from the distorting power of negative thoughts, and experience more peace and happiness through present-moment centered awareness, are strongly encouraged to embrace this book!”

—**Jeff Brantley, MD**, assistant consulting professor in the department of psychiatry and behavioral sciences at Duke University Medical Center; founding faculty member of Duke Integrative Medicine, and founder and director of its Mindfulness Based Stress Reduction (MBSR) program; and author of *Calming Your Angry Mind*

About the Author

Barbara Ann Kipfer, PhD, is author of *What Would Buddha Say?* and more than sixty other books, including the best-selling *14,000 Things to Be Happy About*, as well as *The Wish List*, *Instant Karma*, *8,789 Words of Wisdom*, and *Self-Meditation*. Kipfer is a lexicographer, and has an MPhil and PhD in linguistics, a PhD in archaeology, and an MA and PhD in Buddhist studies. Visit her website at www.thingstobehappyabout.com.

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