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—from the foreword by **Lama Surya Das**, author of *Awakening the Buddha Within*

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Loving-Kindness

—**Alan Cohen**, author of *Wisdom of the Heart*

**Donald Altman, M.A, LPC** is a psychotherapist, former Buddhist monk, award-winning writer, and mindfulness teacher who is known as *America’s Mindfulness Coach* for making mindfulness, contemplation, and spiritual values accessible in daily life. He is an adjunct professor at *Lewis and Clark Graduate School of Education and Counseling*, teaches at *Portland State University*, and is on the board of directors of *The Center for Mindful Eating*.

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LIVING KINDNESS

DONALD ALTMAN



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# Living Kindness

THE BUDDHA’S TEN GUIDING PRINCIPLES FOR A BLESSED LIFE



Foreword by Lama Surya Das, author of *Awakening the Buddha Within*